

**Thinking to the Next Level - Alternatives titles: Upgrade your thinking, Book of forbidden knowledge, Knowledge “they” don’t want you know**

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## **The Hook (foreword) (what's in it for you)**

### **What this book is not (put this section on back of book)**

Not an impractical philosophy or self-help book

Not a boring book with filler and unnecessary complex language

Not a book with lots of text and no pictures

Not a book with useless information or trivia

Not a book without excellent and extensive references for all material to fact check and to delve deeper into any topic.

Not a book that requires you to read another book or listen to another audio or watch a video or purchase something else to understand it.

### **Placeholder section: What this book can do for you/ Benefits of reading this book make like MOTB**

- Understand how teachable you are. pg. 1-2

## **Introduction**

I have written this book to assist you in your journey as a human being. The information in this book, if understood and applied in your life, can improve your life experience dramatically in almost every way, you happiness, stress levels, income, health, relationships, as it has in mine.

Much of this information in this book is hidden information that is empowering that has been hidden from humanity to profit and control.

Audio Book:

## **Success Intro**

"Success is the knowledge with which to get whatever you want from life without violating the rights of others and by helping others to acquire it."

This means not using dishonesty, dectet, fraud, or violence to acquire money;

Most of what you have gotten in your life is because of what you thought not what you did. Popular self-help author Napoleon Hill wrote a book called Think and Grow Rich, its not called do and grow rich. Most work all theirs lives but they do not spend anytime to think about what they are thinking. Mental activity is not always thinking! Most think of fear, doubt, and worry, this is not intelligent thinking! Thinking is more important than doing if you know nothing! When you get your thinking right, you do not have to do much get results, a common saying is work smart, not hard! Almost everyone die with less than 1,000 in the bank and their lives were dedicated to making others rich and fulfilling their dreams. They die unfulfilled with regrets on their deathbeds, do you want to be like this? This is because they focused on the struggling to get by and survival rather than striving to thrive. Learning the the why instead of the how gets your thinking right without wasting your time.

The why is:

Thoughts, Desires, Dreams, Goals, Attitude, Mental process, vibrations, intention, energy, emotions, and motivations.

Most of people's focus is on the how of life. How will I pay my debts? How can I be happy? How will I lose weight. If you focus on the why, the how almost always take cares of it self. The how of what you want is provided to you in the present moment if you focus on the why. People fail because they worry about how they will do things. Don't focus on "how" you will get what you desire, instead, focus 99 percent on the why to get you want you want.

When you have self esteem and the right attitude, the how is basically irrelevant. Action is still part of it, The great news is, if your thinking is right, you will be motivated and the actions will be pleasurable. If you are doing things you hate, you won't get good results, get your thining right first! You will begin to learn the why in this book.

The other side is how:

Action, movements, techniques, strategies, tactics, plans, activies.

Let me clarify some word I will be using before going into the rest of the book

God- also means the universe, infinite intelligence, unified field.

Negative- what doesn't serve you or what you are truly here on Earth for. It can also anything that makes you feel bad.

Positive- what serves you to or what you are truly here on Earth for. It can also mean anything that makes you feel good.

“Negative” or “bad”- what you perceive to not be serving you, but isn’t necessarily the case.

### Law of attraction

The law of attraction is the law of getting what you want. You must believe it to be true, to see if it is true. When you see it work, you will understand it as a law, similar a law like the law of gravity. You can test the law of attraction to applying it and seeing the results. Law of attraction is a science not a religion, you don’t have to believe it for it to affect you.

If you believe you can, you’re right if you believe you can’t, you are also right. -Henry Ford

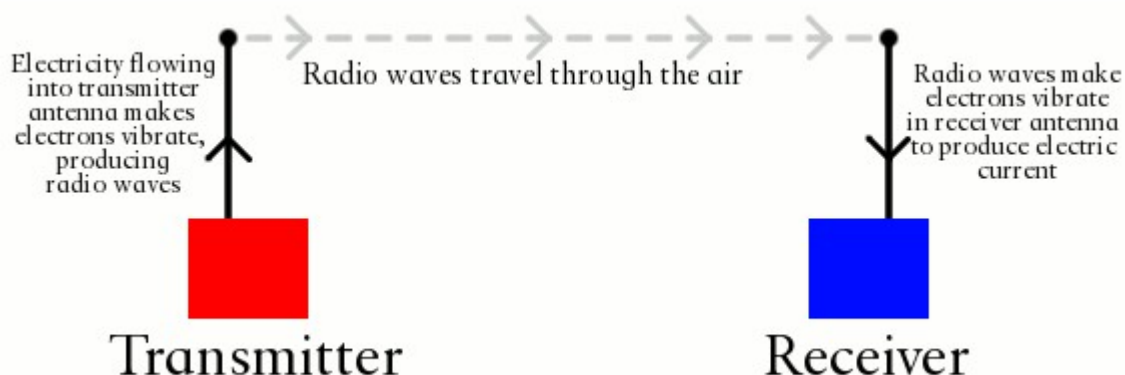
You become what you think about most of the time – Earl Nightingale

If you want to change your life, you have to change things in your life. -Kevin Trudeau

If you always do what you’ve always done, you’ll always get what you’ve always got.”  
— Henry Ford

You can be, do, or have anything and everything you want. -Kevin Trueau

The brain is a transmitter and receiver of vibrations and frequencies, similar to tuning into a certain channel on television or station on the radio. These frequencies go through all physical matter such as walls., mountains, and tress. Our minds can attune to different frequencies, such as (but not limited to): Happiness, fear, love, kindness, wealth, health, sadness, angry, etc.



Our minds can pick up on other peoples frequencies as well. Frequencies are stronger the closer you are to the transmitter. We emit and receive frequencies. Those you hang around effect you more than those you hang around less. Physical contact with a person is stronger than long distance. Be careful who you associate with, their negative thoughts may rub off on

you. Thankfully, positivity is stronger than negativity, even if there is more negativity in the world. You can block ideas that don't serve you.

You attract what you vibrate, in other words, you attract people, events, and thoughts similar to how you feel. Now if you get into a bad event like a car crash, you and the other person involved had the same vibration. When you got into the crash, how did you feel? Do you see the similarities? You likely felt bad before the crash and the universe created an event for you to feel a similar feeling. Sometimes these bad feelings could have been a few seconds before the crash, or bad feeling you felt some other recent time. You attract events, situations, and people who think and feel similar to you.

What is special about our minds that is different than a radio broadcast and a radio, is that we have no limit to our range. Our thoughts travel across the universe, we can receive thoughts from all across of the universe. This can include the thoughts of other people, animals, otherworldly being (such as spirits), and possibly extra-terrestrial aliens.

The frequency you emit, is the frequency you will receive. What you receive, you will transmit. It is a cycle.

Law of attraction has been called:

Karma

You reap what you sow

Consequential

Natural Law

You will only get what you want in life if you want it enough. The stronger frequencies you emit, the more more attractive power you have. To pull in what you desire, focus on your desire, believe you can get it.

How often you transmit a frequency is important, not just the strength. Focus on what you REALLY want in life every waking moment to greatly increase your frequency and magnetic pull of your desires.

According to Ester Hicks, who has claimed to have channeled knowledge from a powerful spirit called Abraham, 14 seconds is the minimum time to focus on a certain intention or feeling but 68 seconds is the best. All the time is best if you REALLY WANT IT.

You are transmuting frequencies whether you know it or not. You transmit frequencies 24 hours a day/7 days a week/365 days a year, in other words constantly from the moment you were born. Be consciously aware of what you think about and how you are feeling. Thoughts and feeling attracts events which will bring you similar thoughts and feelings! Everything you have in your life is based on your transmitted frequencies!

The law of attraction operates beyond our 5 senses, this is why you don't focus on the how. You attract what you want from outside the 5 sense reality into this reality. There are variables and frequencies that we can't see that effects our 5 sense reality. You can't see radio

frequencies, but if you turn on a radio, you will start to hear music. The reason people don't know "how" you will get something, is that they focus on only the 5 sense reality.

Almost all (99.9% or more) of what happens in your life is attracted in your life is coming in from outside the 5 sense reality.. Most of the universe is dark matter or energy, you can't detect it with your 5 senses. This can only be done with advanced scientific gauges, machines, and instruments. We can sense a small fraction of reality. An example of this is a dog whistle. A dog can hear sounds we can't because they have hearing that can hear frequencies beyond ours. The sound still exists, it hits your ear, but you just aren't hearing it. Stop paying attention only on what you can detect using your 5 sense.

It's all just energy, all energy have different intensities and speed. Energy is always moving, nothing is completely still. Everything in the universe is connected to everything else in the universe. All things are energy or spirit. We are all the same, we are all one.

All of the processes of nature are successful. Nature knows no failures. She never plans anything but success. She aims at results in every form and manner. To succeed in the best and fullest sense of the term we must, with nature as our model, copy her methods. In her principles and laws we shall discover all the secrets of success. (Raymond Holliwell)

God is perfect, he wants us to succeed. We must obey the laws of universe to become successful.

"Don't be universal law breaker." -Bob Proctor, self help lecturer.

Thoughts control our reality, not just through action. Ultimately an action is a thought because It's your brain tells that tells your body to move. Everything that exist in the universe came from thoughts.

"I dream my painting and (then) I paint my dream." — Vincent van Gogh

Entrepreneurs have even created devices that allows people to do various tasks with your mind, such as turning on the lights.

Self help and law of attraction work together, few self help teachers teach law of attraction directly. Self esteem is the basis of applying the law of attraction. You must think you can apply it.

### **Self Esteem**

According to the author of Psychocybernetics, Maxwell Maltz, Self esteem is the fundamental to success. When you improve your self esteem, your life improves in every conceivable way. Self esteem is knowing you can be, do, or have anything you want.

If you increase your self esteem, you can do anything. You act according to your self image, even if it is false. Often people are programmed to fail by many factors, and after all, a computer is only as good as it's programming. Many squander their great natural capabilities

because they don't believe in themselves. You can change the world by changing yourself first. "Be the change you wish to see in the world" -Gandhi.

We can remove our self-imposed limitations by enlarging our self image. Don't downgrade the product (you) if you haven't used it correctly.

Build others up to improve your self esteem. When you try to get people to believe in themselves, you will receive the same in return.

One of the major causes lack of self esteem is comparison with others. All plants in nature grow at different rates, and none are "better" than any other. Sometimes the plants that grow the most don't grow much till the end. Before we go off thinking we have found greener pastures, check your own pasture, more than likely, others are looking at our own pasture thinking the same. Every person is completely unique and shouldn't compare themselves to others.

Here are some statements you can tell yourself often to help build self esteem:

- Believe you can and you will.
- Believe in yourself and you will succeed.
- Know that you are important.
- Tell yourself you are better than you think.
- Know you will achieve your dreams,

The way you move your body effects the way you feel. A person with high self esteem almost always stands up tall, keeps their head high up, smiles, and speaks louder than usual.

Catch yourself if you develop a loser's limp. A loser's limp is when someone will under performs in order to explain away their lack of belief in themselves and their ability to win. They disabled themselves so they can explain away their failures, however, many do not ever realize they are doing this! This call is called self-sabotage, their mind prevents them from winning at the last second because winning is the opposite of the what they were thinking about, which is losing. Building up your self esteem and developing self-awareness heals this limp.

See yourself at your best. Imagine not how you are but what you could be. Realize you can be anything you want to be. The image of yourself is how the world will start to see you. When you start to see yourself better, people will treat you better. They will start to see a spark in you they wish they had and they will want to know you. This is because they want some of the confidence to rub off on them. Make sure you assist them in building their self esteem.

Don't worry about being egotistical or being a megalomaniac. There is a simple solution to being egoistical, serve others and be self aware. We will get into these later. For now, let's explore a self esteem killer known as criticism.

## **Criticism**

The Enemy of self esteem is criticism. Stop criticizing yourself, it isn't necessary, instead, practice self-awareness to correct your flaws. You never need to criticize yourself, especially since you likely already receive enough from others.

There is constructive criticism and destructive criticism. When someone is criticizing you, you must ask if it is destructive or if it is constructive.

Constructive criticism points out blind spots in your weakness, you can feel the emotion of love and kindness from a person who gives constructive criticism. They will often speak with soft tones and have a smile on their face. They don't criticize you randomly, they only do so if you make a mistake. It is usually from a person you care about or a person that wishes to honestly serve others.

Destructive criticism amplifies your weaknesses to be greater than they are. They come from hate. They may speak in a harsh and loud tone. They may look at you in a ugly way with a frown on their face. Alternatively, they may mock and laugh at you. It is often from a stranger or a ne'er do well, it's safe to say you can ignore these unsuccessful people who want to destroy you because listening to them can do you no good. You can channel a feeling of spitefulness and prove them wrong by chasing and accomplishing your dreams.

I would not hang around critics, they generally do not achieve much as they are focused on critiquing others rather than creating anything themselves. However, if someone you care about occasionally critiques you, it's good because you get valuable feedback,

Generally your friends and family want you to do well, but not too well. It can make them feel inadequate when you do too well. They get jealous and might even start tearing you down if you get too successful for their likes, you can ignore this. Alternatively, if they are open minded, try to teach them success principles. You can get them on your side instead of against you.

"Do I not destroy my enemies when I make them my friends?"—Abraham Lincoln

People out there have counter productive thoughts and will try to steal your dreams. They will say you can't do it. If someone says that you can't do something, they just means they don't believe you can. At a deep level, it is because they don't believe in themselves. Prove them wrong and teach them about self esteem . A negative statement can't influence you unless you allow it to.

A common criticism of the very ambitious is "You're mad. How will you think this will work!". You don't need to know how it will work, with the right attitude, the how will present itself to you in real-time. Interestingly, Geniuses are only considered so after they died. An artist's work is only truly valuable after they die. Everyone thought they were crazy when they were alive. If the masses think you are crazy, you are probably on track.

Don't let others opinions determine what you can become. They are only using their five senses, you use your faith to transcend the limitations of five sense perceptions.

The next lesson is on self-awareness which pairs well with self-esteem. This will allow you to analyze yourself, find your thought patterns, and then from there you can correct them.

## Self-awareness

Being self aware means you are constantly monitoring your thoughts, emotions, and actions. You don't just do self-awareness at scheduled checkups, be self-aware all the time.

I recommend asking this questions atleast once daily and as often as possible:

- How do I feel?
- What am I thinking.
- What do I want?
- How you can do more and better?
- What am I doing with my life?
- Are my habits good habits?

What you really want in life? If you don't know what you want, you'll feel frustrated. The ideal place to be is you know what you want, when you do you will feel good.

When you feel you are off course on chasing your desire ask yourself "Does this move myself towards my goal?" If you are motivated to do something that doesn't get you closer to you dreams, say to yourself out loud "Cancel, Cancel" and precede to chase your dreams.

Find your strengths and weaknesses. This requires honesty, self warness, and humbleness.. Before you do the following instructions, tell yourself "I know my strengths and my weakness" out loud while looknig at a mirror for 5 minutes each.

Follow these instructions:

- Get a blank piece of paper and a writing utensil, a blue pen is best
- Create two columns. At the top of the left column write weaknesses, on the right column write strengths.
- For the next 10 minutes write you strengths in one column of a blank piece of paper, on the other column write your weakness.
- Read the next paragraph.

In helping yourself, focus on getting rid of weaknesses. In your trade or industry, focus on improving your strengths. Your first priority is getting rid of your weaknesses if you have not. The weakness hold you back more than the strengths propel you forward in most because they are burdened with more weaknesses which prevent their strengths from being expressed.

If your weakness atrophy, your strengths grow. . Once weaknesses are removed, you need to fill yourself with positive thinking because removing what weaknesses creates a vacuum which may be replaced with more negativity. Sometimes you have to get rid of old blockages to bring new things in in the same way buildings need to be destroyed so other buildings can

take its place. Thankfully, thinking positive thoughts tends to reduce the power of negative thoughts.

Dr. Morter's B.E.S.T treatment, Cranial-Sacral Therapy, Rieki, and hypnotherapy are excellent therapies for clearing out weaknesses. Weakness can be cleared out by a professional faster than you can yourself if you are heavily burdened.

In the next section, stay on the topic of what holds you back and talk about programs, which are thoughts that can bring you down.

## **Programs**

The first thing that stops people from applying known in real life is internal programs. If you are wondering what the program is, take a look your life. Your life is a product of your programs. We have thousands or more programs and these programs become the thoughts we are always thinking

Our programs come from

1. The events or experiences
2. People in authority telling us things. We consider someone to be position in authority when we think someone is better than us and above us.
3. By media. This includes TV, newspaper, video games, movies, etc. I have a chapter on this later.
4. The etheric field, we are plugged into it and negative people put programs into the field, unconsciously or consciously.

Programs come from past decisions you have made and what you thought about them.

Example: You were a child and a dog barks like crazy and you run off. Then you know later in life you have a phobia of dogs.

The energy field around the planet is called the etheric field or the ether. The ether contains all thoughts and feelings of all species on the planet. All of our thoughts are put into the ether. We draw from these universal thoughts 24/7 unless we choose to unplug.

Since we are connected with the ether, programs in the ether can hold us back if we let them. If we are aware of the system we can unplug by using discernment and determining if thoughts from the ether serves us or not.

There are two types of programs in the field

1. The collective decisions, agreements, and conclusions of people of earth
2. Programs put into the field by the elite. Those who consciously put negative programs into the field deliberately are called dark occultists, we will get into this interesting topic later.

The programs in the field can't control us, but they can affect our thinking. We can accept or reject the programs. Our thoughts can lead to our emotions, but the good news is we can

control our emotions with our thoughts. Never fear the thoughts that come from the field, you are in ultimate control.

Being plugged in isn't all bad, doing so gives us access to helpful programs and to all knowledge in the universe.

Negative thoughts from the ether is like having the devil on your shoulder, its the inner voice in you that wants to destroy you. The programs can't force you to do anything because you can choose to ignore them. Once you are aware of this, you are in control and it gives you a huge advantage over the common person who is not aware of this. You don't have to listen to those negative thoughts in your head, they will never serve you. If a thought you receive makes you feel bad dismiss it and think a better thought.

4 things that might be stopping you from applying knowledge

1. Negative programs you put into yourself from past decisions and postulates you made.
2. "Authority" figures and the media.
3. Negative programs from the ether and programs put there by the dark occultists
4. Broken agreements.

You can use the callahan technique or B.E.S.T to eliminate this negative programs. The callahan technique is the meditations and rituals chapter.

The first element in dealing with programs is confronting it and the acknowledging then taking full authority over the program. Remember you control the programs, not the other way around. Control by using bug technique.

All programs the programs are like inver voices or devils and angels on our shoulders telling us things. When you detect a program you do not want, first imagine the program being a small bug. Then the programs run and say everything it needs to say after that say cancel cancel, then squash the bug. After squashing the bug, immediately have a new, empowering program to replace it. This program should be a program you can believe in or it probably won't feel good.

There are other ways as well you can overpower programs, you can do these on a constant basis especially if you are burdened with negative programs:

- Focusing on your dreams (Focus and Dreams section)
- Establish new positive thought patterns
- Educating yourself on empowering information (Learning Chapter)
- Giving and receiving recognition (Communication chapter)
- Doing the right things long enough consistently (Persistence section)
- Being Healthy (Health chapter)

Don't confuse gut feelings with negative programs. Ask yourself it's a program or gut feeling. Programs feel "bad" but in the brain not the gut. The way you tell the different between a negative thought and gut feeling is that the gut feeling is felt in near the lower

stomach while the negative thoughts are felt in the head. You feel your brain preventing you from doing something, not your gut. Programs don't affect gut feelings.

When you disempower negative programs, you have more control over your life and you have an easier time manifesting your desires.

Negative programs cause self-sabotage and can make you do something you shouldn't do or it can make you not do something you should do. If you do something you know you shouldn't do, you have a program that needs to be addressed.

Next topic is agreements, breaking agreements can activate negative programs.

### **Agreements**

Keep agreements with others and yourself. If you make an agreement with yourself or others, make it easy to keep. Set it up so that the way you don't break an agreement. Keeping agreements keeps you on an upward spiral.

Realize when you break an agreement with others, you break an agreement with yourself, this can cause paralyze your life progress or go into a downward spiral. All similar broken agreements are linked like chain, thus creating a pattern of negative activities. This is why when you break an agreement, you feel similar negative emotions as when you break other agreements. By clearing up broken agreements, you stop the downward spiral.

Now, go back to all past broken agreements and acknowledge them and take responsibility for them in your mind. When trying to access memories, tilt your head up slightly and look with your eyes up and down and left to right. Acknowledge the feeling of how you felt when you broke it. Say "I'm looking for broken agreements in the past and I release negative energy related to these broken agreements, I'm better at making agreements, and I'm glad I got this off my chest." This eliminates the negative effects of breaking the agreement. You can do this in your mind if you can't make it up to the person you broke the agreement with, but saying this to others and making amends is more powerful. Regardless of which method you do, give yourself a pat on the back when you are finished. The more often you do this the better. You don't stop until you have all broken agreements cleared up, this is an ongoing thing. Realize you may not be able to go through all your programs now, this comes with improving your memory (see the chapter on memory for improving your memory).

If you must negotiate agreements, do it before the agreement is scheduled. The faster you acknowledge you can't keep an agreement, the better. Changing your decision or renegotiating an agreement is different than breaking an agreement. When you renegotiate an agreement, but acknowledge and take full responsibility, pat yourself on the back as well.

There's a phrase you can use if you can't keep an agreement say "I can make it up to you." Taking responsibility for a broken agreement means you accept that it is nobody's fault but your own. When you've acknowledged broken agreements, do not disempower yourself by begging for forgiveness. There's a difference between apologizing and feeling sorry. Apologize by saying I'll make it up to you. In other words don't be at the mercy of others by

requiring them to forgive you. When you do this you are surrender your power to them. Be ok whether they accept the apology or not and make sure you don't care about the outcome.

Don't turn broken agreements into hang ups, move forward. Sometimes we make too many agreements. At any point in time, it is ok to break them by taking responsibility and acknowledging them rather than feel overwhelmed that you have to do everything promised. It will move you forwards and remove burdens off of you.

You truly are only breaking an agreement if you don't acknowledge it and or take responsibility.

Now that we have weaknesses dealt with, lets focus on strengthening attitude, which is out-of-self esteem.

## **Attitude**

All people have an attitude, but many times doesn't serve them. Develop a positive attitude. A Positive attitude is an attitude that you can be, do, or have anything you want. The second part is an attitude of service to others and respecting of rights.

"The last of human freedoms is to choose one's attitude many given circumstances"- Victor Frankl, Psychologist that was concentration camp survive. His positive attitude literally keep him alive.

You can alter your life by altering your attitude. Attitude is the composite of our thoughts, feelings, and actions. It starts with what we think, is felt through emotions, and expressed in actions. This means that our attitude is a mixture of all three and works simultaneously, this is a truly unified being. Nobody who eats a cake says "that some good eggs!"

Thoughts control emotions and emotions can only then influence your thoughts if you let them. You can use your thoughts to overpower your emotions if you feel emotions you do not desire. (Alternatively, you can use your thoughts to amplify your emotions) That is why some can think a certain thought about an event such as losing a key and scream while others simply feel calm. We can feel however we want about any situation by changing the way we think about it.

Emotions are entirely dependent on thoughts and actions, but emotions can influence thoughts if you let them.

Actions are controlled by thoughts and influenced by emotions. Here's an example: You think optimistic thoughts, you feel motivated, you take action. Additionally, actions influence emotions, that is why people are able to do things against their emotions such as forcing themselves to smile when they are sad to feel happy.

Act, think, dress, and talk like the person you want to be and you will become that person. Do the right things and you'll get the energy to do it. The right things present themselves when focused on dream or goal. If you want to feel a certain way, act in way that will make you feel that feeling.

"I don't sing because I'm happy. I'm happy because I sing." -William James "Father of American Psychology"

What 90% of people say is opinions, they just heard it from someone else. When the attitude is right, the facts don't count because you can change the facts. The highest natural law is the law of attraction, it overpowers "the facts". 99% of reality is off the radar screen, you will attract what you want outside 5 sense reality into the 5 sense reality when you have a good attitude.

Attitude is spread to others and can even effect their actions. These thoughts are contagious and spread to other by being in closer proximity to them. Think of a last time you saw someone who was so enthusiastic about something, I bet you saw others join in rapidly. By thinking, feeling, and acting enthusiastically, you get others enthusiastic.

Find your mind with inspirational and uplifting content, this is a key to positive attitude and should be done daily. This counteracts negative influence from others, which is constant due to the etheric field always effecting us.

Next will talk about faith which is faith that God will help you totally in any of your endeavors.

## **Faith**

To believe in the things you can see and touch is no belief at all. To believe in the unseen is a triumph and a blessing -Lincoln

Faith is the ability believe in what you can't detect with your 5 senses. In reality this isn't a belief, despite it logically be impossible. It is actually knowledge, you feel this in your gut, heart, and soul (near very top of your head). To feel this, clear out negative programs first.

Those who say I'll believe it when I see it, never see it. Believe it first, then you will see it. What you believe will happen if you believe in it strongly and think about it often.

You believe what you believe because you saw evidence of your beliefs being proven. The evidence came in because you believed it. The evidence then validates your beliefs, causing you to believe more in your beliefs. Do you see the cycle?

You can be blocked from attracting your desires if you don't believe you can get it. If your belief is weak, the frequency and intensity of the transmission will be weak. Doubt counters the

frequency of faith and belief, it means you are focusing on the “how”. You need to choose what you believe you can get. If you say “I will get 1,000 dollars by tomorrow”, but if you don’t believe that you can get it, then lower the amount, say “I will get 1 dollar by tomorrow”. You can build this up each day and say, “tomorrow I will get 2 dollars”. The more you believe the stronger your desire. The stronger your desire, the more frequently you will want to transmit the your thoughts and emotion. After that, events will occur that get you closer to your desires.

Alternatively you can also increase your belief by telling yourself “I can be, do, or have anything I desire”. You can also record yourself saying this and play it 24/7, you will believe in it soon. A lie will be perceived as the truth if it is repeated enough.

When you belief in yourself, you are believing that the creator will give you desires by manipulating reality, including the reality that exists beyond our sense. This is called self esteem and it amplifies faith. Believing in yourself and God is completely compatible, it is not arrogance. Belief in God is ultimately not required to use faith, but it tends to amplify it.

Faith, along with action, is the solution to fear, doubt and worry. Get rid of fear and build confidence by acting. Develop faith first to make this task easier, so you can initiate proper action. As they say, Faith without works is dead. Concentrate on your goals you wish to achieve and not on worry, fear, or doubt;

Next we will talk about the partner of faith, persistence.

### **Persistence**

I will start with a two stories that explain the importance of faith and persistence

A water pump requires faith and persistence to pump. When you pump up a pump, you must continuously pump until the water comes spewing out, even though you don’t see it, this is faith. If you pump the pump a little, and then you stop for a bit, the water starts to go down to the bottom, this is why persistence is necessary. You won’t always see the results of your effort until the end, but they results will come. When they do they will be greater than you can probably imagine. Once the pump is flowing, only a few taps occasionally will be necessary to keep in flowing, this is when you can spend more time on other activities.

A Chinese bamboo tree grows for seven years. It must be watered and fertilized for seven years. In the last 60 days it grows 90 feet. In reality it grew 90 feet in seven years not, 60 days. If it was not watered and fertilized throughout the years, it would have died.

The most critical point is to get started. Continue with persistence effort even if you don’t see results. You have faith that you will get results. Always do the right thing constantly and you must get results, it is according to law. Sometimes you don’t see results until later. Once you get results, you only need a little effort to maintain those results.

Let's dispel the myth of what most think is patience. It is not lying around and waiting. It is working towards your dreams and goals and waiting for the results to come in (which will come in at the most optimal time).

Don't ask what if questions, it doesn't matter. You will cross that bridge when you get there. If you do this it means you are not focusing on having your dream, but the lack of having it. This creates negative emotions and puts you further.

Success is the progressive realization of a worthwhile goal. You only have to succeed each day to guarantee future success. Tomorrow is dependent on what happens today. This gets rid of all fear, doubt, and worry about the future. You create the future by your present actions.

It is worth repeating, Success is the progressive realization of a worthwhile goal, it isn't about achievement so much. The journey beats the destination, rather, it's about what you become that matters most. Once you accomplish a goal, get a new one, if you do not, you might try to protect what you have from losing it out of fear. You are always going forwards or backwards in life. Go forward in life, don't question the how because the how will present itself in the best way possible. If something is not growing, it is decaying. Always grow your knowledge, your compassion, and willpower in life.

When you halt instead of going forward, you go into a security mindset rather than an abundant mindset, you become afraid of what you will lose rather than what you could gain. This causes you to lose

Progress by acting, making mistakes, and correcting course like an airplane on autopilot.

Persistence keeps the ball rolling and increases momentum. The faster you go, the harder it is to stop. Persistence will overpower old programs and habits that pull you back. The pull becomes weaker as you build your momentum. Imagine riding a car slowly, going one mile per hour, a strong person with a good balance, could probably stop it. If you go 100 miles an hour, that person standing there won't be able to stop the car and it won't slow down the car a bit. It would take some serious resistance.

Don't stop, especially when going fast. A car that goes slow and stops suddenly doesn't usually damage the car. A car going fast that slams hard on the brakes will damage the car. The more you grow, the longer you need to focus on growing. When you halt, the more momentum you have, the faster you lose it.

Success is an upward spiral of momentum, it's cyclical. In this cycle, you start with success or confidence. Success can be built up by seeing yourself being successful now which gives you the feeling of success and attracts success in your life. You can start with confidence as well, you do this by building up your self esteem.

Success leads to confidence, which leads to habits, which leads to results, results lead back to success. This can be a never ending cycle that generates an endless and ever-increasing cycle of good feelings and success.

Success

Results Confidence

Habits

You can use persistence to become a master, which you do by focusing on the goal and persistent correct practice.

### **Four Stages of Competence**

These are the four stages of competence. You go from being ignorant to being a master at something when you follow this.

Unconscious incompetence

-You don't know what you don't know. This is someone who knows nothing about something therefore can't be good at it.

Conscious incompetence

-You know but you don't know how to apply the info you know..

-Study new ideas, to reach conscious incompetence.

-Go find a mentor to help you get what you want.

Conscious competence

-You know what you know.

-You have to think about it doing it.

-This is when you have to think about doing good in something, a skill you know enough to do, but are not a master in.

-This is started when you begin to practice perfectly. Make sure you do things the right way before you practice. Perfect practice makes perfect

Unconscious competence

-Mastery is unconscious competence, you don't have to think, you just are good at something.

-You know and it happens automatically. An example is tying your shoes or driving your car.

-This is the goal.

-You create what you want in life at record speed.

-You are a master a something if it's as natural as when when you are walking, you see your destination, you get there, you don't think about the steps.

-This is gained with perfect and persistent practice.

Masters are unconsciously competence, they think very little and achieve great results due to practice, especially of the basics others aren't willing to master. Practicing the basics makes you perfect. A good phrase to remember is this- If you want to be a master, master the basics. The advanced stuff is mastering the basics, which is done by perfect practice.

The masters practiced because they loved what they did. They were happy and become good at what they did by thinking about is the pleasure of the activity and/or the result. The reason people want to master anything is the feeling of mastery, which is the result. Feelings and results are the same thing. Masters work effortlessly, it appears easy to do for others until they try to mimic the masters, then they struggle because they aren't at unconscious competence. It's difficult for most masters to explain how they go to where they are. Masters essentially don't consciously know how they achieved great results. The masters who know how to do this are good coaches, trainers, teachers, and mentors.

Find what you want to master, it should be something you love to do. Practice what you want to become a master and see yourself already being a master while practicing.

When you become unconsciously competent, you're thinking about what you want all the time with no conscious mental effort. You automatically do what you need to do to fulfill your dreams, goals, and aspirations. If you try hard, you are not at this level, you are at conscious competence. When you remember what you learn at a deep level, you become unconscious competent, that is why learning and memory are chapters in this book.

Perfect practice makes perfect. Practice correctly do it right the first time. If you practice the wrong things, you will never be perfect. You do this by getting your thinking right by:

- Use your imagination to see yourself being a master.
- Getting passionate, do this by finding something you are passionate about and increasing desire.
- find something you want to master to learn from. It's best if they can train you personally in real life.

Additionally, you can use your imagination to train yourself for an activity which you can't physically do. This is also good if practice makes you stressed since you can't fail and nobody is judging you.. Your brain operates the same way when you do it in your imagination as doing it in the real world if you have developed your imagination.

The next section is on joyful working, which is necessary if you want to become a master. Masters always enjoy what they do, if they hated it, they would be blocking their growth and would have quit long ago.

### **Joyful working**

Most people say "I have to work" you can replace that thinking with "I work diligently with swift and ease!". You do not work hard to become successful. Think of everything you do as easy and it will become easy.

When you focus on what you want, you get your thinking correct. Thoughts are in the sweet spot if you feel good it motivates you to do lots of activity. Activity done when you thinking is correct is fun, joyful , you act spontaneously, and it creates amazing results. Do what you love and love what you do, anything else won't get you results anyways.

When you drudging going through an activity, you will see no positive results or the results will be negative (and even disastrous in some cases). If an activity isn't pleasurable, you need to either find a new activity or get your thinking right. When an activity your doing is draining and it feels like a sacrifice and you won't get results. Attempt to get your thinking right first before finding a new activity. Think of having what you want (abundance) rather than not having it (lack). Imagine already having it.

Minimal activity can create amazing results, this is why thinking is more important than actions. Work with joy and enthusiasm.

Trying hard can cause utter failure. Think about a fly hitting into a glass window, the harder it tries, the worse it suffers. This is why we need accurate thinking and worthwhile goals. Read the Learning chapter and the goal section.

Persistence is necessary. If you stop the enjoyable activity you hinder the growth and it might die. Remember the Chinese bamboo tree story.

The next section is on The miracle of responsibility, which is a necessary topic increasing belief in yourself.

### **Miracle of Self Responsibility**

You are responsible for everything in your life. You are in 100% control of your life and what happens to you. Stop saying things are outside of your control. You are always creating your reality, do so with purpose and intention. Life happens for you, not to you, depending on how you think. Events, people, and situations that happen in your life aren't random, they align with how you think and feel.

The manipulators of the world want you to think you are powerless and are not responsible; that your are a slave to fate and chance. What they mean by fate is their devious plans. We will dispelling these myths. You create your fate and your luck.

Never make excuses or blame outside influences. Don't see yourself as a defeated person or a victim, doing so fosters self-loathing, resentment in others, destroys faith, and self-esteem. Even if you are a victim of another by an injustice, don't begin to envision yourself as victimized person. Know that you are a perfect, powerful being that can do anything. You are more powerful than you can even imagine.

There isn't anyone coming to save you, you have to save yourself. That is not a bad thing however, saving yourself is more empowering than having to rely on someone else and feeling hopeless and at their mercy. You are capable of saving yourself because you have infinite potential power which can be developed by learning and memorizing these success principles.

You can create anything in your life. You can have, be, or do anything and everything you want in life by desiring it and believing that you already have it.

Next we will dispel the myth of predestined fate. You create your own fate.

## **Fate**

Priests, prophets, and psychics may claim to know the future, but you create the future. The reason they are often right is when people believe there are destined to something, they become it. They can give good advice, but don't follow their orders, you always listen to yourself in the end. They claim to know the future, but I believe they are simply predicting it. You can accept or reject those predictions. If they say you will experience something in the future you don't want, reject it and create the future you want. You predict the future by creating it.

If Fate exists, that mean you have no free will. If you have no free will that means you are a slave. You aren't responsible for you life. It means you might as well never do anything in life because everything has been determined. People believe they have no power and are ruled by fate. Fate is only believe by people who don't know their true power. But they are right in some sense, because those who don't know have no power.

If certain individuals tell you that this is your fate and you believe it, then they can manipulate you into doing anything or not doing something. Many religions tell people that their fate will be endless suffering if they don't choose to be believe us. Your surrender you power to them by doing so. Reject any thought about the existence of a miserable afterlife as well.

The real hell is living on earth in the fear of hell, this creates hateful people who lives miserable lives. Only imagine an amazing afterlife beyond your dreams, this develops an exciting life of giving and receiving joy and love. What you imagine the afterlife to be is what you will experience. You become the person who would experience what you believe in which is in line with your thoughts. Then you receive that afterlife. For example: If you imagine a loving afterlife, you will become a loving person, therefore receiving a loving afterlife. This concept is explained more in future thinking.

Side note: A person who thinks they are going to hell also creates a hellish person. (I'm going to do whatever I want because I'm going to hell anyways). Nobody fears a heavenly place, but if they did, they would get that too. You get what you are want and afraid of because you get what you REALLY want and what you REALLY don't want when you focus on it. That is why it is never a good idea to focus on what you don't want.

In other words, you control your fate and destiny. The next section will explore luck and chance, which is a myth people believe that almost always is disempowering.

## **Luck and chance**

Luck is when preparedness meets opportunity and the opportunity is around all the time. There is no such thing as luck, everything operating according to nature's law. You create your own luck.

Chance favors the prepared mind -Louis pasteuer

Voltaire- chance is a word that we've invented to express the know effects on the unknown.

We will talk about goals, which are necessary for success.

### **Definite Chief Aim/Goals**

A Definite Chief Aim (DCA) is another word for a specific goal you spend most your time on. I will give you a brief rundown of how to set a good goal and what a good goal is. Later, I will give you further explanation:

- You feel good while setting it
- It's specific  
It's something tangible, like writing a book or its an emotion you can imagine having
- You know why you want it
- You haven't achieved it before
- You don't know how you will achieve it
- Small enough to absolutely believe you can get it but big enough to excite you.
- It's something you want, not need
- Something you think you can achieve in 1 week-20 years
- Don't set a deadline
- It gets you closer to your dreams
- You're serious about it

You focus on it more than anything else in your life and it takes up most of your day. The DCA big enough to excite you but small enough you can believe in. You must write your goal down atleast once.

Don't worry about time, you will achieve your goals at the optimal time. Don't set a deadline, they are not necessary, for most, fear, doubt, and worry crept in when they set a deadline. When the approach the deadline, these feelings can become overwhelming. By not setting a deadline you relieve yourself of this pressure. You don't know the best time. God will give you want you want at the right time and place. Deadlines are irrelevant if you work persistently everyday towards you goal as if today was your last day. Do not have negative goals also know as worries.\*

Success is the progressive realization of a worthwhile goal. You manifest faster if you don't set a time limit. If you enjoy the process, who cares how long. Goals are not so much designated to get as it is designed for you to reach and grow. It causes you to draw something out of you didn't even know you had.\*

If you feel bad while seting the goal, it not in your "sweet spot". The sweet spot for a dream is what you desire and what you belief you can get. If you feel good while doing this, you are in the "sweet spot", congratulations! Building self esteem can improve your belief in getting all that you desire.

If you know how to reach your goal, you need a better goal. That goal won't get you to stretch or expand your creativity and imagination.

Choose something you want for a goal, not something you need. By something you need I mean basic food, water, or shelter. The feeling of want is important. The feeling of I NEED causes feelings of desperation. There is no inspirations in needs.

Make sure you make it specific by knowing in quantifiable terms. State the goals in the positive. Keep track of your progress by getting feedback from others and from measuring devices. Have others hold you accountable. When you measure your progress don't use percentages, use things you can see and touch such as units, pages, pounds, etc. Measure your progress as you are working towards your goal so you know how much you have improved or not. Have a reason for achieving you goal, with no reason you won't achieve them, you do this by stating the benefits. Set the goal to become the person who would achieve the goal then imagine already achieving the goal.

Let's say you are 170 pounds. If you DCA is to lose 20% of my weight, rephrase it. You say I want to be healthy person who is a healthy weight of 136lb. State the benefits of being health weight in the positive, here a some potential ones: I will feel better about my body, my joints will be strong, It'll be easier for me to move around and exercise. Keep track of your progress, such as on a written chart of your daily weight. Get feedback, check yourself on the scale. Don't say well you know I don't think be 150, I'll just shoot for 165. If you do that's ok, just make sure you knock it down once you are 165lb. If you on vacation don't start to pig out just because, that's an excuse, you will feel worse when you check the scale again! Don't make excuses. If you know you will regret it later, don't cave in to your triggers.

There are some special rules if you desire money; do the following:

1. Be specific how much money you want with no time limit attached
2. Know what you will do with the money
3. How you will get the money, be specific

State material goals in inflation proof term, don't use dollars, they can change based on inflation. Rather, state in minutes, hours, hits, etc.

There must be an objective to achieve your chief aim. The objective is the next logical step in achieving your chief aim. If you were writing a book, the next logical step could be to write a page. Once you write that page, write other.

Focus on one goal that is important to you until it is achieved. Not finishing a goal and going to another can cause confusion and the development of excuses. A notable exception is if you no longer feel good working towards a goal and have attempted persistently to change your thinking. Don't focus on multiple feel good goals, only focus on a goal one at a time until completion. Channeling your energy towards multiple goals dissipates the power of focus.

DCA can modified it as you need to, but only if your desires change. You goals might change based on what's best for getting your dream. Be prepared to make some slight adjustments to your course when setting your goals.

Goals must contain a statement of benefits. Ask what is in it for me by achieving my goals. The why takes care of the how. Ask yourself, why do you desire what you want. If you don't know why, then you won't create a good enough desire to get what you want. Because the passion (the why) isn't be there, you won't get results.

Keep mentally growing and never get complacent. After completing a goal, immediately set another goal.

Generally, as humans we do not always know what we want. We think we know but often we get surprises in life that surpass our expectations. Remember gifts that we received from Christmas that we didn't wish for but that surpassed our specific desires for a certain gift? We are the same, just focus on what you want. Sometimes you wants and goals will change and that's ok, adjust your focus as needed.

If someone has already achieve you goal, try to get their assistance. These are often called mentors, gurus, guides, coaches, etc.\*

Think of your exciting goal as many times throughout the day especially near beginning of the day or at the end of the day. We are moving towards in and bringing it towards us.\*

The magic question to always be asking yourself is: What do I want? When you give your mind that question, your mind should be focused on DCA or a new potential goal or dream. This helps you constantly reevaluate your goals, are the really on your true life path? It what you are doing now truly what you want?\*

Focus on one desire at a time, you must be obsessed with what you want. A great myth is well balanced life. If you want a well balanced life to be your goal this is ok, but otherwise living a well balanced live is not ideal for going towards other goals. Be fully engaged with your goal by working every day towards what you want until you accomplish it.\*

If you know how to get a goal, you need to set a new goal. Make your goal something that you have never done before. There is no inspiration in a goal you have accomplished in the past.

To turn a fantasy into a goal by saying I'm willing and able to do it. Then start to get emotionally involved. Use your imagination of already having the goal you desire. Before you act on goals, see yourself as already succeeding in the goal.

If it excites you and "scares" you this is a good goal. It doesn't absolutely have to scare you however, it must excite you. You must believe you can achieve it, otherwise you will feel bad. You get what you are afraid of, this scary feeling will propel you forward.

If you perceive you idea in your mind and strive to achieve it, while imagining you have it, you will have the resources you need come to you. Resources for your new goal will only come as you need them,. You don't have to worry about money because it will present itself come the

right time. The fun is the anticipation of how the universe will provide you with the how of achieving your goals.\*

Be unconsciously competent at goal achieving activities. If you desire is to write a book, your goal achieving activity is writing. You become unconsciously competent by practice, which is developed by persistence. Always focus constantly on your goal. Eventually you will only be thinking about where you want to go and your mind will automatically get there.\*

List your goal on paper then list the weaknesses the prevent you from getting it. Realize the only true obstacles are your weaknesses. If you push forward, the situations you call obstacles typically disappear. Don't obsess over these situations,, that's like riding a bike by trying to focus on not hitting tress, doing so makes you more likely to hit tress. You focus on where you want to go, not where you don't want go.

When you tell yourself positive affirmations for the goal you want to achieve, it rapidly increases your desire for the goal. Be optimistic about achieving your goals, say, "I will" instead of "I'll give it a good shot." Don't consider "if this happens" ideas, you always work on your goals regardless of obstacles, conditions, circumstances, etc.

You should not share your chief aim with those who will steal your goals. Only share it with those who will help and encourage you. Getting help from those you love the most are the best people to get help from and you can get them to help you towards your goals by explaining the mutual interest.

Your DCA should be something you can picture in your mind and others could understand, its tangible object or an emotion. For an emotion, use a symbol or an event that would make you feel that way. For most, goals for a specific emotions are better because we often do not know what we really want in life. If you have no goals, you can make your goal to feel good, everybody wants to feel good and knows they can. Remember times in your life where you felt good, you can feel good now because you have felt good before. You can replace this good feeling with any emotion you would like to feel.

If you can't think of a goal, you can always have a goal to feel good, even though it isn't specific, this is the exception. You still want to image what feeling good would look like. Consider trying to form a personal goal often until you find one or a specific emotion, such as love or joy, whatever resonant with you more is best.

Goals are lower forms of dreams. A goal is a means to achieve a dream. You dream might be to be rich (feel abundant). Your goal then might include to start a lawn-care business. It might be to invest in real estate. Don't get too attached to goals, the dream is what ultimately matters. Goals are short term and are just a means to achieve your dreams. Goals are the journey, you dream is your destination. Dream is the end goal, your definite chief aim is the vehicle to reach your dreams, there is no issue if you need to a new definite chief aim to get to your dream. Your DCA needs be a stepping stones to dreams not off target.

The next section is your dream, its what you goal are going towards.

## **Your Dream**

A dream is a more ambitious than longer term goal. It is the reason you exist! It doesn't change, but you what you think is your dream might. This can be done by improving your imagination and by being an experimenter. I will give you a brief rundown characteristics of your dream which can help determine your dream. It is quiet possible that everyone dreams is so big that it goes beyond our current imagination. Later, I will give you further explanation:

- You feel good thinking about it
- It's specific idea emotion. It could be an idea such as I want a peaceful world or it could be an emotion, but if it is, make it big such as "I want to feel infinite love".
- You want it, you may initially not know why
- You haven't achieved it before
- You don't know how you will achieve it
- It's massive and exciting
- Something you think you can achieve in 20 years or multiple lifetimes.
- Don't set a deadline
- You feel sincerity when thinking about it.
- You believe you can

Some of what is true for goals is also true for dreams, review the goals chapter and look for a \*, if you do that paragraph also applies for dreams.

We are the happiest when we are fully engaged towards our dreams.

When you focus on your dream, you think it's going to happen a certain way, but it almost never does. God works in mysterious ways. Remember that results can take time and come at the best time. You may not see results for a long time and they can appear suddenly. Unseen forces in the universe bring you closer to your dream when you desire it, these unseen forces can't be detected with your five senses.

The magic question to always be asking yourself is: What do I want? When you give your mind that question, your mind should think of your dream.

Desire what your dreams. Dreams don't necessary need a why, but knowing why you want you dreams can increase your desire. A physic or hypnotherapist can assist with this task. Exploring your childhood can help as well.

Another way of finding you dream is to reflect on your childhood. Go through photos of your childhoods, videos, cds, papers. Ask your parents what you wanted to be when you grow up. You'll learn a lot about yourself, when you were a child, you didn't have as much programs from culture put into you. Most of these programs do not serve you. You got confused and lost in your social engineering. You are born knowing your dream and this can help you rediscover that lost truth.

One day, I was going across my old papers I wrote during elementary school and I found my dream literally written in a statement. I have corrected it so you can understand it, I was only in 5<sup>th</sup> grade, so my spelling and grammar wasn't the best. I know you want to hear it, I will share:

"I have a dream that one day everybody would get along well in the whole world. That there would be no wars. I think that this would differently be the most important change in the world. It could probably have a huge impact. I think this change can be started by everyone treating everyone by being nice, not fighting verbally and physically, and also treating everyone equally."

Once you clearly know your dream, focus on what your dream is. By thinking as many times throughout the day about our dream, we are moving towards it and bringing it towards us.

You found your dream when you feel really good thinking about it, it excites you and you believe you can get it. You will feel ecstatic and happier than you ever have in your life. Once you get it you believe in yourself more which allows you to expand the scope of your dream. The bigger you can dream, the more power you have. The bigger you expand your dream, the stronger you pull in that dream, and it will become reality. It activates your infinite inner power. A dream can never be too big or "out there".

Find your dream and grow it by expanding your imagination. When you discover your dream, you can always expand it. A dream can never be too big. Your dream is only as big as you imagine it, all dreams have no limits. If your dream is to be an inventor, you can expand your dream to be inventor of a technology that makes traveling to other planets easy. Expanding it more, maybe you invent a technology to travel to other solar systems. Other galaxies? Other universes? Past Space and Time? Bigger than that? Dream **BIG**.

Those that dream big will achieve more and feel emotions of achieving the results of the dream in greater quantities. You will also feel these feelings while working towards the dream.

It is quite possible that all of our dreams are the same, which is to give and receive infinite love. This can be achieved by the Great Work, which is explained in the last chapter.

When you find your dream you can put it into a statement. Write this often. Record it and play it 24/7. You can say "I am so happy and grateful now that I am an endless and infinitely powerful force for (your dream) or even more and better." When you record it, use your emotions, a monotone voice is not as effective.

Sometimes there is an advantage of making the picture very big, crystal clear, and putting yourself in the picture. Even more powerful is to add how you feel. Adding color, smells, sounds, and textures helps as well. Put yourself in the picture, seeing and sensing the feeling of having what you want.

1. How big is your dream? Make it bigger
2. How many things can you put into that dream
3. Dreams are a movie not a picture.
4. Get emotionally involved with the dream by thinking positive thoughts

You should not share your dreams with those who will steal your dreams. Only share it with those who will help and encourage you.

Visionaries are men and women who projected into the future and didn't belabor over things that had already passed. They think of what could be, not what already is, and then they moved themselves to bring these ideas into fruition.

Don't focus on how you will get your dreams, just know you will and the how (methods) will present it self in real time.

Lets get those dreams bigger by using imagination.

### **Imagination**

Many have a well developed imagination, however, they unfortunately use it for destructive purposes instead of constructive. They do this by worrying about the worse possible outcome. You're imagination is probably well developed because of this, this is good. It is only a matter of changing what you imagine.

Images are mental pictures that are made from thoughts. Our emotional and expansive (subconscious) mind speaks in pictures, which is why you dream at night. When you think of an apple, a picture of an apple appears in your mind, this is an image or visualization. This is also called your imagination. Likewise when you think of an idea which is not physical (abstract idea), such as faith, you might think of a dove. All thoughts created images. This is why visualization is important.

To fully utilize your imagination, you need to be relaxed. This doesn't mean tired, it simply means you aren't stress and your mind is calm. You aren't thinking negative thoughts. Your mind is at ease. The meditations chapter contains info on relaxation.

Here is a way to expand your imagination. What would your life like if you could do anything and had infinite money, couldn't fail, and it was your last day. Fantasize.

Get all of your five sense involved. You can use your 5 senses in real life to to amplify the effect, with the exception of sight because you are using your mind for that one. This is good if you don't have a very vivid imagination. If you want to have money, while doing your money visualization, hold and fondle the money. Smell it. Hear the money going across you hands. I wouldn't recommend tasting the money, but in your imagination you can imagine your favorite food being near the money and eat the food while doing visualizations. For example if you imagine that you are surrounded by money, see oranges be delivered to you eat at the same time.

Don't let your current environment determine your life. Imagine what you want, not what currently is. Imagining what you want will change you environment and circumstances to fit your imagination. When you hold an image in your mind of what you want, see yourself in the image with what you already want.

Keep your mind on the higher image, and let go of lower concerns. Focus on thriving not surviving, when you focus on thriving, you will survive and then some. Thinking of survival typically causes stress and fear, destroying imagination. Thinking of thriving gets you relaxed and expands imagination. Focus on abundance rather than making ends meet.

The mind can't tell the difference between imagination and reality.

By holding that image, you will get closer to your desires and your desires will get closer to you. It is like putting two magnets of opposite poles near each other, they will pull themselves together.

I will give you an imagination I created.

I imagined that I want to be a writer. I see books on the shelves at bookstores and libraries, wow I feel so proud. I pick up the book, it has a comfortable texture. I see the cover, I am satisfied with the covers I choose. I open the book, the book smells like fresh paper I'm happy that it was published and I can open it. I hear the sound of my flipping through the pages, I'm glad I wrote what I said in the book.

Reading a fiction book can help innate the development of your imagination if you are untrained. You use imagination to visualize you being the main protagonist in the book. Get emotionally involved in the stories that the characters are involved in.

Another way of expanding on your imagination is to reflect on what you dreamed of. Dreams are imagining when asleep and often beyond your conscious imagination capabilities (Imagining when you are awake). Dreams can seem so vivid and emotionally involved, far more than ours when we are conscious. When you start to recall your dreams, you remember what you get an idea of what you can imagine. Do this by studying the memory chapter. Interpreting dreams can bring you clarity in your life because you are understanding what your imaginative mind is telling you. I suggest keeping a night dream journal for particularly interesting dreams. Describe the dreams in as vivid detail as possible. Before you sleep you can say I will remember my dreams and when you wake up say it again. Go to meditations and rituals dreaming section.

Lucid dreaming is also interesting, but that is explained more in meditations and rituals. You can future think very powerfully by using lucid dreams and imagination what you desire!

The next section is following your on following your dreams and goals.

### **Follow your Dream and Goals**

Follow your Dream and Goals (DG). You may think the field you are in is your dream. Constantly explore new ideas, hobbies, careers, opportunities, groups, events. You can ask yourself or go through childhood memories of what you loved to do the most.

Following your DG means never doing violence to another person. If you like doing violence to others or deceiving them, you aren't following your (DG) and you need to change your thinking. Your mind is malfunctioned and in non-optimal health for your well being. You have been negatively programmed or perhaps brought something in from your past life. Get off of drugs you are doing and get therapy, such as B.E.S.T treatment, hypnotherapy, Reiki Cranio-sacral etc. I will explain morality later, for now get these done as soon as possible.

God did not create us to be violent to any beings that feel emotions. God abhors violence and won't create beings to create more violence. Violence exists only because God gave people the free will to go away from following their dream. You need to focus on your dream. Try to make others feel good, making others feel bad makes you feel bad because you get what you give out.

Keep in mind on higher image (DG) rather than lower concerns (paying the rent, surviving). When you focus on a higher ideal your lower concerns will take care of itself as needed for you to take yourself to your dream

You don't need to work that job you hate, you can quit at any time. You are not a slave, remember that. Think about this, some do minimum requirement in their drudging job, but in their hobbies they achieve amazing results. They tap into new energy, creativity, endurance, and capacity for work. If they turned what they loved their DG, who knows where they would go. You are the same.

### **Reverse thinking**

Reverse thinking is thinking that the past memories of mistakes defines your present and that the present can't be changed because of your past. The past and past doesn't have to be the future.

The present has no bearing on potential future prospects and ability. Your present situation doesn't have to be the future. In fact, a law in the universe the law of change, nothing ever stays the same. You can consciously choose to change instead of being changed. If you aren't consciously changing yourself, you are getting worse, because the entropic force in the universe is currently more powerful than the syntropic force. Entropy is Chaos and Sintropy is Order. This can be reversed. You can become anything you desire.

A solution to reverse thinking that most can do without a developed imagination or faith is present moment awareness. If you have no fear or anxiety of the future or regret over the past, the next section is not as important, but if you ever develop these feelings, it's good to know.

### **Present moment awareness**

Live well today to make tomorrow better. You don't need to worry about the future if you do what you need to do today. Plans are not necessary, you don't need to know how your future will be because the future will present itself to you.

Increase present-moment awareness by using your five senses. Practice mindfulness meditation and Environmental mindfulness, they are in the meditation sections. This will get rid of any fear of the future or regret of the past.

Don't let negative past experiences create a false illusion of what your abilities. Our memories are distorted by the way we currently view ourselves. Much of our memories are false when we are chronically negative. You can change your memories by using memory manipulation in the meditations and rituals chapters.

Have no regrets or guilts, but learn from your mistakes. This is the balance of present-moment awareness and past reflection which develops self-awareness..

Do not look back in the past in anger or regret. Do not look at the future in fear or anxiety. Focus on the now, this brings awareness. Your past doesn't have to define you. It has no bearing on potential future prospects and ability. Your future is determined by what you do now, so taking advantage of the present moment will help you create your future. By consciously creating your future, you will destroy all fear of the future.

Once you have present moment awareness, you can master expectation. Present moment awareness is simply a cure to reverse thinking. If you ever feel like you fear the future or regret of over the past, practice present moment awareness. All expectation requires is faith, develop your faith then learn expectation. If you feel you are ready, go ahead.

### **Expectation**

Expectation is good for those who are religious or are focused on others. Women usually like it more. Fervent belief in God can boost the ability of expectation to enormous heights.

Expect what you really want and it will come into your life at the right time that would bring you the greatest satisfaction. You need to desire what you want strong enough and believe it will come to you. This is called expectation. Don't worry or doubt, this is expecting what you don't want to happen to occur. If you worry about something, it will happen. If you doubt, you don't really expect to get what you want, and therefore you will not get what you want. Let go and let God. Have faith that you will get your desires.

See what you desire as easy to get. Expect it to come. Here is an example: If you think a million dollars is a lot, it is. This is only true if you think it is. If you think so it will be hard to earn. Make a million pocket change in your mind. We live in a universe of infinite abundance and since that is so, any amount of money is pocket change.

1. Build the Image in your mind of what you want
2. Let it over to spirit/god/infinite intelligent/the universe, be grateful that God is giving you what you want. Be patient and grateful.
3. Expect to receive what you want. Be grateful again. Ask God if he wants you to do something, The more you serve God, the more he serves you.

Expect results from these steps. It's like ordering at a restaurant from a menu. You select which foods you want (choosing your desires). You ask the waiter what you want (God). You thank the waiter (gratefulness). You wait for your order and are patient, because you know it's coming eventually and that it will come at the best time, which is when the meal is ready for you to eat (Patience). You thank the waiter (Gratitude) and you give them a tip (Give to get)

When you look for and expect good things to happen, good things will happen. Always have something to look forward to, if you have nothing in mind, you can always look forward to the

mysterious ways that God will bring you closer to all your desires. Always expect the unexpected good. God knows what you want better than you do, have the feeling you just can't wait for the amazing things God has in store for you. This creates an exciting feeling similar the night of Christmas Eve. Everything always turns out perfectly if you believe it, you don't have to know how.

There is a difference between wishing for something and being ready to receive it. Nobody's ready for a thing until they believe they can acquire it. Wishing is the equivalent of going to a job interview with poor confidence because you don't expect to get it.

I recommend having a developed imagination before moving on to future thinking. Master the power of present moment awareness and expectation before moving on unless you feel you are ready. If you don't feel powerful, your imagination is stifled for whatever reason, or if you don't know exactly what you want, you can always practice expectation.

### **Future thinking**

I like future thinking more than expectation. It is more powerful in my life. Men and the irreligious usually like this more. Fervent belief of the aspect of God within (yourself) can amplify future thinking to amazing heights.

Ask yourself how far you can think into the future. You can create the future and bring it into the now. Using imagination is a good way of doing this. The reason this is more powerful than expectations is you are making it come true rather than externalizing your power. You aren't asking anyone, you are creating it yourself. You use the aspect of god within, this has also be called the higher self, which is more powerful for some to use. The god within and without is not separate. Some Christians call this the holy spirit or the soul.

Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.-  
Luke 17:21

Here's how you future think:

1. Build the Image in your mind of what you want
2. Imagine it being here right now, feel the feelings.

Remember the restaurant. Now imagine you are a master chef. You are now in control you have the power to make the meal exactly how you want. Of course, you need to know what meal you want to make while having the ability to imagine what the meal is in detail. Assembling random tasty ingredients in a kitchen doesn't turn always turn out well. You know what the progress of the meal is, patience is required, but you do not have to wonder for a second when you will get it. By imagining the meal, you get emotionally involved towards action of creating it. You image what the meal will look like while making it and because you are a master, all you do is image what the meal is, not the steps. The steps are as automatic as breathing. This persistent action then creates the meal.

The future becomes the present when you imagine your reality being what you want it to be now. The future you imagine pulls your imagined reality into reality. Always progress in life, you progress by thinking of the future being in the now.

Experience the emotion of already being, doing, or having what you want to get. You attract events, situations, people, and thoughts that will get you more of how you feel.

Focus on a good end result, this increases your positive thinking. It inspires you with hope. Think about the results and rewards of action rather than the methods. It gets you into a the right emotional state to attract the right events to create the future you want.

See yourself in your head as you want to be not how you are. Picture yourself as you would like to be and assume that you can be. See and feel yourself as already being successful.

Earl Nightingale's secret he discovered from studying many religious and ancient texts is this: You become what you think about most of the time. This doesn't include just the thoughts you think in your conscious mind. This includes thoughts you unconsciously are thinking too. This is why auto-suggestion and self-talk is helpful. You can always be future thinking when you master it. You will never need to do the ideal transition, because you will future think all the time.

An interesting phenomena: if you ask people how much they make, those that say how much they make a year are usually richer than those who say how much they make an hour. The person who thinks of hour by hour is a reverse thinker. The rich person is a future thinker.

It is helpful to have depth of vision, this is seeing the potential future of things and ideas. When you think of an acorn what do you think of? If you said squirrel food, that's mean you have a lot to work on. Most would say a tree, I would say a log cabin resort. How far can you see something going out into a future. This could be an idea or the transformation of a material into another (which is just an idea). Imagine how far an idea can go, image the idea having a massively positive impact. I pencil is a great short video to explain the intricate process of making a pencil: <https://www.youtube.com/watch?v=IYO3tOqDISE>

Here's a way to expand your depth of vision. Watch sci-fi movies, play sci-fi games, and read sci books. Sci-fi books are the best because you must exercise your imagination more. Realize all the technology that exists in sci-fi is possible with what we have now, if not, we can use our minds to create it. Imagine how our current world could go to this sci-fi reality, make it a utopian sci fi movie and not a dystopic one.

Plan your life or be planned. You plan by future thinking, not by expecting to do things when the time comes. Imagine what you want now, by doing so you will be doing what you need to do to get make your imagination reality. Feel the feeling and think the thoughts of what you want now.

Focus on your definite chief aim and only on the next step, unless you are a master. When you are a master, you focus on your goals only.

Perfect plans are obsolete by the time are ready to you execute them. Go as far as you can go, once you get there, you'll be know exactly what to do

This is the ideal transition: Reverse thinking, present moment awareness, expectation, future thinking. You can skip steps if you feel you are ready.

### **Desire and Belief**

Increase desire and belief to get your goals accomplished and dreams fulfilled faster. This greatly amplifies the law of attraction. Here are some practical ways of doing this.

Increase desire:

- Become obsessed, only think about your desires
- Affirmations and self talk
- Autosuggestion- Post-notes, Dream Boards, affirmations, playing audios in the background
- Focus on your ultimate dream more than your Chief Aim
- Energy healing
- Stimulate the mind. You can do so with music, a supportive lover and/or friend (use a spirit like Jesus or an imaginary lover if you have no lover), and aromatherapy
- Window shop, experience having what you want, try on that watch, test drive the car you want. Touch and view material objects you desire
- Practice sexual retention (don't orgasm)
- Practice fasting
- Create a burning desire! If you are in a job you hate, quit the job and do what you love! Don't say I can always get another job, no, this IS your new job! Having another job dissipates your energy by lack of focus and you can't have complete obsession if you are spending a third of your day working!
- Smile, even better if you nod your head and think of what you want
- Feel good
- Increase your belief

Increase Belief:

- Affirmations and Self Talk
- Focus on feeling of accomplishing dream
- Listen and read stories of success from people of born in poverty and lack.
- Energy healing
- Achieve small success, make the rules in life so that you succeed, make all victories, no matter how small, successes. Something as simple as brushing your teeth. Thoughts and feeling of success attack more thoughts and feelings of success.
- Listen to stories of people who overcome insurmountable obstacles and odds. Autobiographies are good at this. Even better is to think of people in your personal life who have overcome great odds.
- Window shop, experience having what you want if it's material, try on that watch, test drive the car you want
- Nod your head while smiling and while saying yes when thinking about your dream or goal

## Feel Good Now

Feeling good amplifies Law of Attraction further. To feel good, here are some things you can do to try and feel good, created by Law of attraction teacher and Health insider Kevin Trudau. These are subjective, some will make you feel good and others won't, test them out.

- Eat delicious and nutritious food. This is food close to nature, food that is raw and organic. Eat fruits and vegetables.
- Avoid artificial sweeteners, High fructose corn syrup, Mono Sodium Glutamate, and aspartame,
- Processed foods, and fast food restaurants.
- Avoid prescription and non-prescription drugs, except in Emergency medical situations or if you are dependent on them. Going off these drugs can be dangerous, they are alternatives to these drugs which are healthier.
- Take whole food supplements, to solve nutritional deficiencies.
- Use electromagnetic chaos eliminators.
- Go on walks in nature, look up, and look at far away objects.
- Get a rebounder (mini-trampoline, they are fun and are a great low-impact exercise).
- Listen to positive messages.
- Hang out with others who are positive, this is powerful!
- Listen to your favorite songs. However be careful who you listen to, your "favorite songs" may make you happy now, but later not. Much of mainstream music is filled with negativity. Listen to uplifting music..
- Give hugs.
- Laugh.
- Smile.
- Dance

Feeling is a word we invented to describe the conscious awareness of the vibration we're in. It's typically caused by the image that we create in our mind. The higher your vibration, the better you feel and the faster you achieve your desires.

You either choose your thoughts or accept the from an outside source. Choosing your thoughts is generally better because outside thoughts are usually negative, you have to tune into the good thoughts. By not tuning into that station (good thoughts) will automatically give you bad channel (negative thoughts) those thoughts develop into images (ideas) in your subconscious mind which causes feelings.

The happiest person is the productive person who provides for others. Work to give yourself a good reason to live, it makes you happy. Adding value to society is the highest amount of bliss possible.

When you transmit an opposing vibration it blocks good vibrations from entering your life and you feel horrible. The solution is to focus on what you want and you believe you can get. Alternatively, you can program yourself into believing you can get what you want right now that you currently can't believe you can get by self talk, writing affirmations, and recording yourself saying "I feel good", listen to this often.

Always focus on feeling good now. Make others feel good to feel good. If you are not feeling good, you aren't thinking right. What can you feel good about?

How you feel about something is often different than what you think. What you think is usually wrong if it is different to how you feel. Your five senses don't register on your feelings which is the true guide for a successful life.

If the law attraction doesn't appear to be working, you need to be patient. Enjoy the anticipation of your desires. God/Universe knows the best timing. Increase your believe, increase your desire.

If you feel depressed:

- You are focusing on what you don't want
- You are worrying = negative goal setting (you are attracting what don't want)
- Be grateful of all you have (good food, family, friends, computer, electricity, phone, clean water).

Let God figure out how you will get your dreams. What you think is the best "how" (method) to get what you want isn't. You can only see with your five sense but God knows all.

When you constantly feel good, only good things will be attracted to you.

Focusing on lack or something creates lack. Most people think they are thinking about what they want, but really what you are thinking about is the lack of what they want. Think of abundance and having all that you want.

Stick with something as long as it makes you feel good. Stop if it not longer feel goods. Remember to ask yourself, does this fell good, what do I want. What served you before may not serve you now.

They are some things we do when we feel bad to feel good by escaping pain. This can include alcohol, porn, video games, drugs, etc. You need to focus on feeling good, not escaping pain. Focus on delayed gratification or long-term pleasure for maximum happiness. Know that joy is accompanied by creative function and goal striving, not partying around and being hedonistic

Your feeling tells the truth. Always try to feel good now. It's not so much trying to feel blissful so much as it is trying to feel better than you are now. If you feel good, try to feel even better., there is no limit the amount of good feeling you can feel and you can feel amazing all the time.

As long as your feeling good, don't worry about the outcome initially because you haven't see the entire game yet, give it time.

Create happy images in your mind such as being at the beach.

Compliment others

Successful is feeling good all the time.

Two reasons you do or don't do something: to gain long-term pleasure or avoid pain. Those who try to avoid pain are living in fear and lack, which causes misery. Those who try to gain pleasure are living in hope and abundance, which causes joy. A real breakthrough for anyone is when the focus is on gaining pleasure more than avoiding pain.

Transform your ball of negativity to positivity. Think about what you are grateful for. Focus on good memories in your life. Smile. You will feel better if you force yourself to feel better. If you just feel better and better, the negativity ball will get smaller and the positive ball will get bigger. This ball will keep rolling, whether you consciously think about it rolling or not. It will also continue to snowball, unconsciously, if you make it big enough.

Think about pushing a snowball down a cliff, once you get it going down, gravity will make it fall down and it will grow larger, and larger, faster (it will accelerate). However, if you make no initial effort, the ball will not start rolling. You have to start! Start from where you are at! Feel good now!

My favorite way to feel good is to jump on my rebounder, sing, dance, smile, and say a positive affirmation at the same time! This is very powerful and lasts for the rest of the day, it takes only a minute.

The next section is philosophy that will prevent you from ever feeling bad.

### **There is no negativity**

Negative emotion can be transformed into a positive emotion. An emotion such as sadness can serve you and make you feel better later. You can use it to focus on what you want. If we were meant to feel good all the time, then we would not feel "negative" emotions. Realize that all emotions simply are, there are no bad emotions. Negative emotion can be made to serve you rather than destroy you.

What soap is for the body tears are for the soul.-Jewish Proverb

Things aren't "bad", only your thoughts make it so. "Bad" is something that happens you don't expect, unless you expected bad things to happen. Knowing about the "bad" things in life doesn't attract more of it. There isn't such thing as a bad event or circumstance because everything simply is. Events in life simply are what they are, they are only good or bad if you perceive it to be. It's about how you respond to the events.. They are only good experiences, you can make negative experiences good responding to them with a good attitude.

In life you can choose how you feel about any event. Someone could yell at you and you could get into a fight, or you could dismiss them or laugh at them. External events that happen to you affect your emotions if you let them. Know that you control your feelings, not the environment. You can feel any way about any situation.

You can reframe any situation to serve you by changing your perspective. Find the gold and use it. There are no disasters or crises, just situations. Reframe it in a way you can believe. "I lost my job, life is over" vs "I lost my job, to be honest, I'm a bit annoyed, but I can find a better job from this experience." Understand the difference in perspective.

Use the negative emotion to get to a state of feeling good. If it lingers too long, clear it out with Callahan technique. Chronic negativity is detrimental to health and it attracts more events and thoughts into your life that will make you feel bad. Use "negative" emotions to get to positive emotional state..

See events that you initially perceive as bad these ways:

1. It could be worse, be grateful it isn't
2. Be grateful for what you have
3. Know it's a blessing in disguise
4. It's an opportunity

Negative emotion is confronting something you don't want

"The mind in itself and in its own place can make a hell out of heaven or a heaven out of hell"-  
John Milton

You can change a negative emotion into a positive one by your choice. You can do this by going up the emotional scale.

### **Emotional scale**

This is the emotional scale according to Abraham Hicks and as well as some other Law of Attraction authors. This can vary for each person, it's a guideline

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation.
2. Passion.
3. Enthusiasm/Eagerness/Happiness.
4. Positive Expectation/Belief.
5. Optimism.
6. Hopefulness.
7. Contentment.
8. Boredom.
9. Pessimism.
10. Frustration/Irritation/Impatience.
11. Feeling of being Overwhelmed (called Overwhelment)

12. Disappointment.
13. Doubt.
14. Worry.
15. Blame.
16. Discouragement.
17. Anger.
18. Revenge.
19. Hatred/Rage.
20. Jealousy.
21. Insecurity/Guilt/Unworthiness.
22. Fear/Grief/Depression/Despair/Powerlessness.

You may not believe you can go from fear to Joy, but many can easily go from fear to insecurity.

Here is a journey from 22 to 1 on the scale that you can take by talking to yourself and thinking thoughts of a higher level by taking one step at a time. This allows you to feel better in a believable way. You can skip levels in your journey with a particular thought you want to raise on the scale, its all about what feels good and what you believe you can jump to. Let's say you are fearful you will lose your job and your house due to an economic depression. :

"I am afraid I will lose everything from this depression"

"I'm not sure if I can pull out of this depression"

"I wish that I had it good like my neighbors, they are doing fine"

"I'm angry that my neighbors are doing so well."

"I swear I could just take one of those wall street bankers and hang them."

"I'm mad about this depression."

"I'm not sure what to do."

"It's all the government's fault."

"I am worried the economy is going worse."

"I don't think the economy will recover."

"I'm disappointed in the government's response to this depression."

"Honestly I do not what to do know, I feel burdened."

"Come on can the economy just get better already!"

"I don't think the economy is going to get better, economist say that it won't in for months!"

"What will I do without my job, just sit around at home all day?"

“You know I guess the economy is ok, it has been worse.”

“You know, the economy is getting better, I remember my that after every depression is a boom.”

“The economy is getting better, nice!”

“The economy will get better!”

“I can’t wait until the economy is better and I get my job back!”

“I can’t wait to go back to work in my awesome job,”

“The economy is good”

You can always just feel a bit better or feel good. Reflect on your pass when you felt good. Reflecting on your life when you felt good increases belief you can feel good again.

When you feel bad, you are thinking about what you don’t want. If you feel bad, do something to feel good or think good thoughts.

If you feel bad, what you think you want may not be the best for you. That, or you are starting to doubt, this means you are focusing on the how and the lack of having it.

To become less negative, clear out the negative thoughts by getting rid of weakness and doing therapies. Then, bring in positive thoughts to cancel the negative thoughts and create an overwhelming surplus of good thoughts. This allows less room for negative thoughts.

For the next sections we will talk about negativity and how to use for channeling and going up the emotional scale.

### **Channeling negativity**

Finding the good in the “bad” means you can utilize the “bad” situation for you good.

Much of our society and our parents suppressed our negative emotions. They say we should never experience sadness or anger or other negative emotions. All emotions serve a good purpose. Sadness can help you clear up old wounds while an emotion like anger can be used to fight injustices in the world.

Experiencing contrast (what you don’t want) is good because it clarifies and let’s you define what you really want in life. Add or subtract certain thoughts and activities. Bad event allows us to focus on what we want because we know what we don’t want and they are simply stepping stones. A negative swing in life is often part of the rhythm of life and it isn’t a bad thing, because the more negative the swing, the more positive the swing will be.

Life is like going to a buffet, you look at certain food that look delicious and you end up not liking the food. By not liking the food, you have by process of elimination, narrowed the choices of what foods you might like. You know that you aren’t focusing on the food you want, so you can bounce back and focus on what you want.

Ignoring your weakness and darker aspects of yourself causes it to creep in and express itself in drastic ways. A person who has pent up rage may become so angry that they hurt themselves and cause themselves to become permanently injured. This could be avoided if they expressed anger in productive ways, such as working on your dreams.

You should always be happy with intense emotion. Even if the intense emotion is negative. Intense emotion is something you can use to create your dreams, as long as you know how to harness it. Negative intense emotion is only beneficial when you use to clarify and focus on what you want. Negative intense emotion is bad when you stay stuck, focusing on what you don't want, which is the cause of the negativity, thus creating more of it. Never fear or run away from negative emotions, embrace it and use it to make you focus on what you want. By focusing on what you want it clears the negative emotion and you start to feel good again. Feeling good then helps you create the reality you want.

Don't try to get negative emoticons, you'd don't necessarily need to deliberately feel negative emotions to get what you want. Any intense positive emotions can work fine.

Different emotions have different speeds of attraction. Anger is better for attraction than depression. Anger can be better at attracting than happiness if channeled properly in the short term. Think of a raging river, its powerful and can get you out, but if you stay in for too long it will destroy you.

Which has more attractive power to create change, a man who lives under a dictator and had his family killed and protests by educating his neighbors or a monk mediating on a hill who lives under a dictator who tries to mediate the dictatorship away?

Mark Passio, an investigative researcher, has an excellent presentation on the proper use of anger to achieve great results called Sacred Gift of Anger: <https://www.youtube.com/watch?v=TiOSTKwtnhA&t=6710s>

Watch the "get mad" network scene to understand this as well:

<https://www.youtube.com/watch?v=AS4aiA17YsM>

Spite is a powerful emotion. All successful people have been told it won't work, then they did it. They couldn't have done it if they listened to other people. Don't let people crush your dreams. Dream crushers are low-life loser who will never get anywhere anyways, either don't listen to them or listen to them and develop a "I'll show you wrong attitude."

Negative emotion needs to be intense for it to work. A little bit of a negative emotion is not useful. You can be comfortable with little amount of pain. Think of a lazy dog sitting on a nail, he won't get up because it doesn't hurt that much. You can intensify it in your mind and can do the following process to get yourself to positive emotion. WARNING! Only intensify negative emotions if you know where you want to go, otherwise use callahan technique to clear it out.

Here are some things you say if you are experiencing comfort in a pain and misery, such as being in a “comfortable” neglectful relationship. If you aren’t sick and tired of being sick and tired, you’ll go nowhere. Make sure you know where you want to go, which is ideally towards what you want. This can be revolutionary and could even completely change your life. Get as mad as possible. When you have reached your peak, stop and read the next paragraph. Say these and feel the felling of being fed up! Use “creative” language if you like or make up your own statements that get you as mad as possible, the once you have, read the next paragraph:

- I can’t stand this!
- I’m done!
- This is bull!
- “I’M SICK AND TIRED OF BEING SICK AND TIRED.”

Say these until you reach peak positive emotions. Then while imaging your ideal future self and reality:

“I’m going up from here.”

“My live is getting better, this is the first day of my new awesome life.”

“I’m getting better and better.”

Let’s explore more into the fascinating topic of negativity by learning about “bad” events.

### **Crisis, setbacks, obstacles, Disasters**

Sometimes the setbacks are there to protect you from what something you don’t want.

Setbacks may be part of life. Humans are builders and rebuilders, but we are better rebuilders. We rebuild better than we originally built so we can whether the storms. It’s how huts became skyscrapers.

A tree that is pressured by nature with storms and winds is stronger than one that doesn’t have to endure these “bad” events.

After every crisis there has been a boom of greatness. The greater the crisis, the greater the opportunity. Respond to a crisis aggressively rather than defensively or reactivly.

See only the objective and the obstacles must give way. The world has a habit of making room for the person who words and actions shows they know where they are going.

Most of your obstacles are illusions, just press forth, it will be easier than you think. Obstacles are almost always created in the mind. They aren’t really obstacles, just stepping stones to the goal.

Successful people have many if not more problems than most. The difference between successful and unsuccessful is they've learned how to overcome problems.

Disasters are a cleansing fire that wipes out what no longer serves you and brings in what serves you. Think of a naturally burning forest. Forests need fires to get rid of old dead plant material and bring in new better plant material.

This is a powerful quote to say when you feel overburdened with obstacles:

"There is one thing stronger than all the armies in the world, that is an idea whose time has come." -Victor Hugo

It doesn't matter what the rules are (taxes, regulations, economy, culture), because you can win. Don't let these factors stop you from achieving your desires. You can rig the game in your favor with the right attitude.

Don't make mountains out of molehills; Don't mountain climb over molehills, your problems are easier to solve than you think, so there is no need to over do it.

Acknowledge bad "events", then focus on what you want. Events that are bad now can be turn out for the better later when you reflect on it later in life. Think of events you thought were bad initially, but turned out to be good.

People try to conquer their fears by facing them. A man trying to "get" a girlfriend will try to cold call random women to increase his confidence, instead of going to go talk to the woman he is interested in. This is simply a distraction, they don't want to do just go after what matters. You don't have to fight in all confrontations the win the war, some battles aren't worth fighting, even if you win. Its actually a defeat, but it looks like a victory. The desire to win for the sake of win a pointless battle is often due to an overly-inflated ego which can be solved by practicing self awareness and serving others.

True courage is fighting through you the main fear which holds you back and this is cured by using action and faith while focusing on your chief desire. You don't need to be conquering you fears and weaknesses that don't set you back.. This is a waste of time and energy for most. An exception is people who enjoy facing their fears and that's fine, but know not ultimately necessary for achieving your chief aim. A fear of spiders isn't stopping you from becoming a professional athlete, but if you wanted to be a zookeeper, however, it might! As you focus on your dreams, fears will naturally fade away.

Let's explore some more "negative" emotions.

### **Fear, doubt, and worry**

Fear thinking of what you don't want to happen, it is building a negative idea.. Fear is similar to worry, but it's chains are much heavier. This is best solved by present moment awareness.

Worry is negative use of the creative imagination. To cure worry, imagine things expect positive things to happen. This is best solved using positive expectation.

Doubt is only a bit of uncertainty which can be solved with future thinking.

You get what REALLY want when you concentrate on it and you get what you REALLY don't want when you concentrate on it.

### **Break through Fear, Doubt, and Worry**

You can break through Fear, doubt and worry by stepping forwards into growth rather than stepping back into safety. We permit ourselves to fail by default rather than run the risk of failing while making the effort to succeed.

Consider these scenarios:

- Imagine walking on a thick plank on the ground, it is easy and you are relaxed. Now imagine it is 100 feet in the air between two buildings, fear creeps in for most, this would cause them stress and they would likely fall in die, only because of fear. The difference is fear, a simple performance turns into one of great risk. Fear can keep us from taking a formula we know that works in one condition and not apply it in another.
- Now imagine it's still 100 feet in the air, but on the other side of the plank is a loved one in a burning building and you have a fire extinguisher. You desire and love for the other allows you to become fearless or at least crash through your fears. Love obliterates fear.
- Now imagine it's still 100 feet in the air, but you are a very religious person. You know that everything will be fine because God will protect you. You have no fear. Faith is another solution.
- Now imagine it's still 100 feet in the air, but you are a very confident person. You know you will be fine because you know you have the attitude of balance and a calm mind. Attitude and self esteem can solve fear as well.

The long route that logically seems treacherous is often the right road to travel down in life if you feel good about it in your gut. Your gut feelings is what tells you you need to do something and never lies, unless it this feeling is blocked by fear or doubt, which overrides this feeling and paralyzes you (I'll expand on this later).

The cave your fear to enter is holds the treasure you seek is a powerful quote. It means that you fear to follow your desires, but know that fear is irrational, it is a disease created only in the mind. The gut feelings and heart can't feel fear.

Here is a story that expands on this quote, it's a powerful allegory. That cave isn't a scary at all, it is only perceived that way by your mind. The cave is the path to the treasure. The best way to the cave is the way that feels right in your gut. Perhaps logically you could say "Couldn't I get some dynamite and get the shortcut to the treasure." But if you did that you wouldn't have the awesome feeling of spelunking or you the treasure would have been destroyed because of your dynamite. Perhaps you could get a large industrial drill and drill to the treasure, but the vibrations would cause the treasure to fall into a deep dark hole in the cave if you did this and the treasure would be lost. Perhaps you say I shouldn't do this because it costs too much time, energy, and money. You could say I am afraid. Remember

the cave you wish to enter holds the treasure you seek, you won't get your desires if you don't go into the cave. The cave is THE way if it feels right in your gut. The fear and doubt is making you miserable and keeping you away from true joy and peace in your life!

You need to crash through the illogical fear. Virtually all mystery schools, religions, secret societies, and leaders have agreed on one statement: Fear is an illusion!

Fear is created by our 5 senses, which 99%+ of the time deceive us! Reflect on your life and you will see how true this really is. If it doesn't seem this way, then you are perceiving your stepping stones to your goals as obstacles, when in reality it was necessary to achieve those goals. Always go with your good gut feeling over your fearful and doubtful rational mind.

Going with the gut is good for going through fear, doubt, and worry with ease. I will explain gut feelings more in depth.

### **Gut feelings**

You ultimately listen to your gut over your mind. Your gut doesn't deceive you. Your gut feeling is felt near your lower stomach abdomen area while thoughts are felt in the upper head. Most unfortunately think thoughts of fear, doubt, and worry.

If you think you feel a gut feeling, ask yourself why. This is called a gut check. Understand that your thoughts about past experiences and events may influence your gut feelings. This red light in your mind can prevent you from doing something. This is coming from your fear and not the gut protecting you. Be aware of this as it could be preventing doing something good, it certainly is if it goes against your gut feelings. Key into this memory to clear up a program that holds you back by crashing through your fear by focusing on what you want or doing the Callahan technique.

Take this example and imagine as if this happened to you:

You are a person who is attracted to another person, but because of past poor dating experiences, you won't approach the person or even talk to them when they talk to you. This person could be your great significant other for you.

If you get a poor gut feeling around them, ask why. Is there a good reason for this feeling? Do the Callahan technique or crash through your fears

Kevin Trudeau says you are aware of somethings that can destroy your emotional guidance system, here is a list:

- Street drugs and Narcotics
- Irresponsible usage of psychedelics and ethnogens
- SSRIs
- Alcohol
- Prescription and Non-prescription drugs

These substances can numb or change your emotions in a way that you will make poor decisions. Prescription drugs should only in a crisis situation, outside of that there are many natural alternatives with little to no side effects. Certain drugs such as artificial street drugs like Heroin, meth, or cocaine should be avoided at all costs, there is no benefit in doing these drugs, in any situations. Many lives have been destroyed by these drugs. They were destroyed because their gut system was broken and they made poor decisions that felt right.

Mark Passio, calls SSRIs “the demon drug” and says that they numb a person into living a shallow and soulless existence. They made a person completely complacent and apathetic, which is not ideal for anyone.

Your senses will always deceive you. What you sense goes through internal filters which is based on all the conclusions you’ve come up with based all past false programs (for most). You don’t get the full picture when you see. Your senses gives you information, which you then think about and your mind which usually gives you a negative emotion. Your emotions can’t be distorted by programs.

Your eyes and ears will deceive you in thoughts and not in feelings. Your feeling can only be deceived by drugs. Follow feeling regardless by not letting your eyes and ears override gut feelings. People “think” they feel a certain way about things, but its actually a thought. You can’t think a feeling because they are separate, but of course you can use thoughts to influence you into feel a certain way. Feelings never have any doubt, you feel a way or you don’t. Ask yourself how you feel about things as much as possible before your make a decision and while doing activities you are not sure about.

When you follow your gut feeling, the outcome is irrelevant. What you think the outcome should be is not what it really should be in your maximum benefit, because your senses almost always deceive you. Trust in your feeling.

Energy healers such as Reiki masters can help as well. I personally had my social anxiety, a problem. I had for most of my life, go away from one session. This feeling was coming from my thoughts of anxiety not my gut. I wanted to socialize (gut), but I was afraid (brain), but my brain held me back. It made me more expressive, sometimes a fear of speaking out can be felt in the throat, it chokes you. These negative thoughts were by eradicated by an energy healer.

Next I will talk about decisions, which should be made using your gut feelings.

## **Decisions**

The decisions you make are not as important as what you do after a decision. To make decisions good, you make your decisions work.

There is no such thing as a wrong decision. All decisions give you information by giving you an experience helps you clarify more of what you want. If you are aware, you observe and learn from the outcome and you enjoy it whether you think it’s positive or “negative”. By doing so, you release fear of the “horrible” potential outcome because you realize there are no horrible outcomes, but rather they are just different experiences. They are no bad emotions, in

fact, some people pay good money to experience “bad” emotions, such as roller coasters, extreme sports, and horror movies.

Success is a decision away by knowing what you don't want you can decide on what you do want. Every decision you make simply gives you a result, which is the clarification of what you want and what you don't want.

If you are definite on making a decision, do not mentally run away from it;

When faced with a choice or decisions, you always have the option to wait. You can wait until you get the right feeling. If you get a desire to make a choice over another at a point in time go for it.

Good decisions come from experience and experience comes from bad decisions.

What you think are right decisions doesn't always give you the outcome you think. Regardless of the outcome, be happy because you made the right choice.

There is no such thing as a wrong decision. If you make the exact wrong decision, it gives you contrast, you know more about what you want. It can cause you to get into a negative emotional state which you can channel into what you want.

Trying something to see if it works is not part of the goal achievers attitude. You make things work. You do not become successful by doing certain things, you do by doing them in a certain way. The way is having the right attitude of absolute faith and persistence. Focusing on the way (why) takes care of the certain things (how). Use your willpower instead of just trying. “I will do it” is more power than “I will try”

You don't need to worry about missing opportunity, there are plenty opportunities down the road. You can pass on proposed opportunities. Opportunities that people propose often are not as good as they seem, because people don't know what you want virtually 100% of the time. However, if it feels right in your gut, heart, and intuition, go for it. The best opportunities are usually the ones you create, not ones that are presented to you. Opportunities can be created by thinking of how to give to others.

A helpful concept to understand is trade-offs. It is the idea that every choice or opportunity has its cost and benefits. Let's say you have two choices. You have the choices of writing on a book or playing video games with quality friends. Let's look at what some potential trade-offs are of writing a book over playing video games.

Benefits: Being productive, building discipline, fulfillment, working towards an income.

Costs: Upfront costs, lack of developing social skills

Let's now look at what the potential trade-off is of play a video game over writing a book.

Benefits: Develops social skills, sense of companionship, motor skills

Costs: Not as productive, lacks discipline, not working towards an income, not as fulfilling.

There is a benefit and cost between deciding different options. The basic concept is, if you are doing something, you are not doing something else. By doing that one thing, you are not reaping the benefits of other activities, but also not suffering their costs.

We need to be conscious of what activities we are choosing. Decide what the trade-off is of an activity is over other possible activities that you are thinking about. This helps us make better decisions in our life as long as we accurately identify the benefits and the costs of doing certain activities over others. That requires accurate analysis skills and judgment.

End the end, remember even if you make a “bad” decisions, you can use to for the good. There is nothing to worry about making “bad” decisions.

Next I will discuss the razor’s edge, this can help you to make a life-impacting decision.

### **Razor’s edge**

Sometimes success in life is only one decision away. The razor’s edge is small decision that gets you much farther than most. Looking into video, book, or podcast can change your life forever. You will go from an “offline” state to an “online” state, you will become who you are truly meant to be. I have flooded this book with good ideas to insure you can get the razor’s edge. Perhaps this book will turn you online and bring great success to your life. Small ideas such as getting out of bed immediately instead of browsing on Facebook as soon as you get up could be the idea that changes your life profoundly.

Expose yourself to new ideas. When you expose yourself to new ideas, this ideas tend to express in the physical world by actions. You act on ideas your learn, so learn good ideas. Be careful who you listen to and listen to those who have you want in life. The learning chapter helps you decode information which you can use to make a razor’s edge decisions

One razor’s edge decision is taking what you are really good at and becoming better. We all have this razor’s edge in our life and even if you are slightly better than the second best, you will go much farther.

Think of a race, those one win the race are remembered infinitely more than the person who got second place. They receive more cash and recognition. In the 1976 Olympic games, in the 100 meter dash for horses, the first place winner got \$761,500. The second place contestant got \$75,000. The different? Only a nose of a horse difference. Only about a foot in length, yet the first place jockey got more than 10 times the money. Every small action in your life matters.

Next I will discuss risk taking which is making calculated decisions which appears to lead to destruction, but can actually lead to the creation of the reality you want.

### **The Risk Takers and Failure**

Success requires risk, specifically calculated risk. A calculated risk is using your rational mind, your intuition, and your emotions before deciding on your actions. Risk for the sake of risk is meaningless. Success might require you to spend large amounts of money to succeed. It may have to require all the hours of the day. You might have people want to tear you down.

People who never lose because they are playing it safe never win either. A common myth is “better safe than sorry”. Regarding your desires, if you chose to play it safe, you are bound to be sorry.

You can't truly be happy if you don't take risks. Some of us are hurting, but not that bad, we get too comfortable with our stagnation. It's a “comfortable” pain which is really just a trap. You will be in the “comfortable slavery” of security if you don't take risks. This “security” however, is an illusion, nothing is truly secure in life, careers, relationships, or the economy because everything is always changing. Change is part of the laws of life, nothing is ever completely still.

The main difference between success and failure is that successful people do what failures don't want to do. Successful people want pleasing results, so they don't worry about the risks by focusing on them. You will know them by their fruits.. You can tell who is successful and who isn't by looking at who someone is and what they got. Do they have what they desire?

You can tell who is a failure by people who only focus on what they THINK they want, not REALLY want they want. That is why you must focus on what you REALLY want in life at a deep level. Most have hobbies that don't serve them as form of escapism. People are often involved in virtual world because they can't confront reality. Escapism comes from lack of self-esteem and responsibility. These activities can include but aren't limited to – gaming, watching movies, social media, porn, gambling, etc.

Life as though everything is possible, because it is. You will not fail if you KNOW that you won't fail. You were born with everything necessary succeed. Nobody is born a failure, they make themselves failures, by making themselves slaves to negative programming. You must be a risk-taker to develop the greatness you were born with.

A successful person finishes a project worth finishing, no matter the circumstances. A failure will almost never finish a worthy project, because of excuses. There is never a good excuse to not finish a worthy project.

If you go after that which you think you desire tentatively or timidly in an attempt to play it safe, you don't have a burning desire. If you are too cautious and indecisive in life, don't plan.

You don't need to be careful when going after you wants. The desire to be cautious and indecisive comes from fear and doubt, which are illusions created in the mind.

Don't confuse failure in a task being a failure. The amount of mistakes or failures you make are irrelevant. Everytime you fail or make a mistake, you will learn how not to do something. You only have to be right once to make you dreams come true. When using trail and error, forget your mistakes and remember the successes you made. Do not consciously criticize yourself for past mistakes. Be willing to make a few mistakes because they are the stepping stones to success.

When asked about all his failed experiments, Thomas edison replied:

"I have not failed. I've just found 10,000 ways that won't work."

It is interesting to note that Thomas Edison is seen as success when he failed more than he succeed. Failure is on the road to success and those that never fail, never succeed.

You haven't failed until you given up, giving up is the only thing that makes someone a failure. If you get knocked down, get back up, you only stay down if you refuse to get back up. Failing doesn't making you failure. We only become a failure if we quit on our dreams.

Learn from the successful people who were deemed "failures" when they started. When you do this, you understand that persistence is the cure for fails. Edison is a great one.

These are main reasons people fail:

- They aren't listening to the right sources of information
- They associate with chronically negative people
- They aren't willingly to give up old habits and hobbies that no longer serve them
- They obsess over the "how".
- Spend too much time at conscious incompetence.

Gamble wisely, go with what feels right in the end.

Focus is the next section for self-help, have you been focusing?

### **Focus**

When focusing on what you want, you always have to feel good.

The only thing is relevant is how you feel. If you feel bad, you are going down the wrong path and you will never get good results. Whether you get results or not it doesn't matter as long as you feel good, you will get to your destination. Feeling are your emotional guidance system to get use to our destination, like a GPS.

When you feel good you can focus on what you want, any intense emotion can help you focus good or bad.

Alternative nose breathing is a great exercise to do if you need to focus on something for an extended period of time.

An electromagnetic chaos eliminator, all the electromagnetic frequencies going into our brain distracts us! THIS HAS BEEN THE NUMBER ONE WAY I IMPROVED MY FOCUS. I explain this later.

Do things one thing at a time. Multitasking is a myth, if you need others to help you with tasks, ask God and your mental mastermind. Ask those who support you. You can hire people to help deal with others tasks which they are more suited for. Remember, though you can always believe you can be good at everything and you will. However, even so, you still need to focus on one activity or result at a time.

The next section is Essentialism, which is related to focus. Essentialism is focusing on what you want. Focusing is only useful if you focus on what you want.

### **Existentialism**

Do not do things because someone told you in other words, don't be an order followers. If someone tells you do something you don't have to because you always have a choice. The choice you should make depends on if it feels good.

Analyze your activities you do on a daily basis. Additionally, always analyze your activities while you are doing them. Take inventory of your actions and habits. Determine which are productive and which are not. Turn the non-productive time into productive time. Productive time is working on your goals and dreams. This frees up a tremendous amount of time. Ask yourself these questions:

- Do they serve you?
- Are you doing things just because an expert, guru, doctor, the government, the media, or self help author told you?
- Do you go to parties and events with others even if you don't want to because you feel guilty?
- Are you doing things just to be "disciplined"? Discipline is only good if you are discipline in worthwhile habits and activities.

Change your patterns of activity to get out of a rut, you may have to make drastic difference in your thinking in actions. Don't be slave to habits or a to-do list. Doing something different every day makes a rut impossible. It could be as simple as putting your right sock on before the left. Change many of these small and simply activities for drastic results.

The next section is a precursor to habits. Delayed gratification will get you focused on what really matters and gives you valuable the most valuable resource, time.

### **Delayed Gratification**

When you are working towards a goal and not seeing as result, you are experience delayed gratification. Without delayed gratification, you will quit before you see results. Faith is required, you don't know when you will get your gratification. Just because you don't know for certain doesn't mean it won't come. Impatience is the main reason why many don't practice delayed gratification.

Microwaves and fast food encourages that people get something of a lower quality now rather than get something of a higher quality later. Most of what is made in America is cheap products that don't last from China and India, whereas before it was durable made-in-America goods. People date on dating apps instead of meeting others the real world and developing deep relationships.

Focusing on short term pleasure leads to a less pleasurable life than focusing on long term pleasure.

If you feel bad and you do something that makes you feel good only in the moment, you are masking the pain, not making your self feel good. This is escapism. Analyses your hobbies, diet, and daily activities. Are you focusing on short-term pleasure or long term pleasure. You do this by asking your questions and using the scientific method, in other words, you check the see if what activities causes bad feelings later. Activities that feel good now can make you feel worse later.

Many people feel depressed and anxious because they only pursue short term pleasure (STP). On your death bed you don't want to think and look back at your life saying, "All I did was pursue STP." Pursuing only STP makes life feel short and miserable. STP is a drug addicition for most, you need more of it the more you persue it until it consumes you, which causes you to feel miserable. Do you want to look back on your elderly years of all the things you could have done if you didn't spend all your time pursuing STP, this will fill you with the most painful regret than you have every known. If you talk to those in hospice, you might get an understanding of this feeling. In most religions they believe that those who only pursue short-term pleasure, don't have a very fortunate afterlife. I believe the afterlife will not look good for those who just pursue STP. The pleasure you'll get from doing what you are truly designed and put on this earth here to will be far more pleasing than the cheap activities you do to achieve temporary pleasure on a day-to-day basis.

It is not that we have a short time to live, but that we waste a lot of it. Life is long enough, and a sufficiently generous amount has been given to us for the highest achievements if it were all well invested. But when it is wasted in heedless luxury and spent on no good activity, we are forced at last by death's final constraint to realize that it has passed away before we knew it was passing. So it is: we are not given a short life but we make it short, and we are not ill-supplied but wasteful of it... Life is long if you know how to use it. -Seneca

Your happiness will be far more enduring and it will be far greater than if you're just pursuing STP activities. You will be productivity serving others and therefore receive monetary benefits. You will also have better relationships because you will be connected with people who love to do what you love to do as well. You'll receive a peace of mind because you will doing what you are designed here on earth to do.

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you." - Jesus

Use what you have or it will go to waste.

Bad habits get us to focus on things that don't matter and consume much of our time and energy. Bad habits are mostly developed because people practiced instant gratification over delayed gratification. Most habits people have are bad, which causes them to get into a rut. I will go over what habits are and what are some bad common habits you might have

### **Habits**

"When you sow an action, you reap a habit; when you sow a habit, you reap a character; and when you sow a character, you reap a destiny." -Anonymous

Almost everything you do is a habit. If you want to do something, make it a habit. Habits are developed when you focus on something with persistence on a frequent basis. Habits are everything for success in any field, whether it's health, finances, or relationships.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."— Aristotle.

Practice good habits every day to make a habit unbreakable, Do not do a bad habit even once, it gets stronger and stronger each time!

You can break a habit by forming new ones. Breaking a habit creates a vacuum that must be filled, fill it with a good habit! As those good habits become more dominant, weak habits wane in their strength. Additionally, good habits create more good habits.

Here is a good way to break habits if you don't believe you can instantly break a habit: Changes in your habits that you are comfortable with, but stretch you a little. This is useful for breaking a habit and creating a new habit.

Example: You play games for four hours every day, play him for three hours and 59 minutes the next day. You can still play for three hours and 40 59 minutes and then say maybe the next week, three hours, 58 minutes, and then eventually you won't be playing games at all. As you reduce the time, you it because easier to make larger leaps. In just a week you might feel comfortable with a 2 minute reduction. Each time you take time away from gaming you start a new habit, you read from a book. Don't stressing yourself, be relaxed but have some tension.

Some can try the cold turkey method, but for most our mind will go into freak out mode because it's changing too fast. The cold turkey method is best for those who are experts at delayed gratification.

Cold turkey method can be done also by practicing the getting mad ritual. I'M SICK AND TIRED OF HAVING THIS BAD HABIT.

If you wish to do an STP activity, make it at the end of the day after you get all that needs to be done. Full up your schedule completely full of activities that you don't believe you can get done in a day THEN put your pleasing activity at the end of the day. Often times your desire sleep will overpower the desire to please yourself as. Additionally, the anticipation of pleasure is more pleasing than indulging in it. Sometimes you will feel a desire to continue and not indulge, because after all the anticipation is more pleasing than indulging. This is particularly helpful in the early days of increasing your motivation if you don't have hardwired positive motivational programming. This can trick your brain into motivating you.

Addiction is usually caused by a person who has negative programs less so than the substance, these programs make the person compulsive. They are often do this because of a lack of real emotional support in their battle. They self sabotage due to their poor attitude with beating their addiction. I used to play video games and get addicted but after I got therapies and learned success principles, I no longer get addicted. Instead of what was originally addicting turned to an occasional leisure activity. If you see yourself as an addict instead see yourself as a person happy person with free will. Think, some people drink a beer and drink in moderation while another will become an addict. See yourself as free from the habit. For the faithful, Request help from God to help with overcoming bad habits. The sections on self-esteem, attitude, and faith can help with addiction.

Pursuing STP can lead to addictions, such as drug abuse, porn addiction, alcohol abuse, and video game addiction. An addiction is a thoroughly ingrained and obsessively compulsive bad habit. Addictions cause you to continue to do the same activity, but each time you do it, it becomes a little bit less rewarding. This can lead to a feeling of numbness or depression because it you require more of it and eventually you need so much of the substance that it saps all your time and energy away.

Here is an example of what some people do: A person is invited to a party and they have a drink, they love the feeling of the buzz. The next day they wake up feeling horrible, but they don't know why (or they don't care). The buzz (STP) from alcohol makes you become obsessed with alcohol. You begin to drink a shot a day of beer, then a bottle, the two, next

thing you know you are an alcoholic who is chronically hung over. This is why you must be responsible be self aware and practice delayed gratification. Care more about long term pleasure than short term pleasure. Temperance is a virtue. If you can't practice moderation, avoiding the activity is best.

Be self aware of bad habits that you are doing. Bad habits can include playing video games, watching porn, binge watching movies, browsing on social media, and more. Analyze yourself and ask if they are bad habits.

Be aware of triggers, which are things or events that could trigger you to do bad habits or actions. Be careful when analyzing what causes you to do certain addictive things. Sometimes trigger, are not directly related to the addiction. You might see on TV commercial you might see a video game and then a few moments later you're playing video games. Triggers can be obscure as well. Even a color could trigger a habit. For example you have social media addiction. You see the color blue and then you check your Facebook, this can all happen without conscious awareness. The stronger the habit, the more powerful and obscure triggers can be. If you can eliminate your triggers and replace them.

Let's say for example you suffer from Facebook addiction. You are on your phone and you see the Facebook icon and it makes you want to get on Facebook. Try this: when you see the Facebook icon, read a book. Do this every time and you will have a great habit of reading!

Avoiding triggers can help as well, in the Facebook example, you could move Facebook to a hidden folder on your phone.

Join a community and talk about addictions. If you ever heard of alcohol anonymous, that can be great for alcohol, but they also have one for different addictions, such as video games, porn, drugs, etc. If you can't find one you can make one, I guarantee your addiction is one that others struggle with.

You can go online and find forms as well.. For example, on reddit there is a subreddit called quitgaming, which is a forum to discuss quitting games. If you talk to other people, you can help understand how others have tried to solve the issue of their addictions. I quit my gaming addiction from Cam Adair's content which is posted and discussed on this reddit. I used to game up to 8 hours a day, there is no way this book could have been written if I still had this addiction, I would have no focus or time and it wouldn't be persistent enough.

<https://www.reddit.com/r/StopGaming/>

Addictions are really important for people to deal with this is because addictions hold a lot of people back to achieving to their greatest potential because if their entire time is consumed by the addictions/bad habits. They can't live a truly fulfilling life.

Two great videos on this topic:

It's NOT OK to be WEAK - Jordan Peterson Motivation by School of Life

<https://www.youtube.com/watch?v=5G8Gwr5JJ6Y>

Why Passivity Breeds Mediocrity and Mental Illness by Academy of life

<https://www.youtube.com/watch?v=NU6NDsMWVI>

The happiness you get from STP is always short term. Eventually, will need do to more and more to get the same pleasure. These is like fighting a never ending battle, you are not going to win unless you are a master at thinking positively. Practice and reread the chapter on delayed gratification.

I will now explain leisure and rest. This is important if you are a master at success or if you are not feeling good while physically working towards you goal.

### **Rest**

All should rest when the feel the need too. Resting is sleeping, napping, or meditation. When you get your mind off of your life, you can't resist attracting your desires. This is very important in the early days of your success journey.

When you sleep or nap, you aren't consciously resisting your desires, so you can let in what you want by setting an intention before sleeping. When the conscious mind is focused on work or self-improvement, the subconscious mind is often closed off, you might be resisting ability of your subconscious to attract your desires into your life. Sleeping is very good if you can only consciously think positively for short periods of time due to deep negative programs dragging you back to negative thinking. Sleep, rest, and nap as much as you like in the early days of starting your success journey. Before you do sleep or rest, program your mind with positivity by thinking good thoughts and talking to yourself outloud for 20 minutes before bed with affirmations. Additionally play affirmations at night of what you want programmed into your mind.

Meditation is also good for this if you are not feeling sleepy. Get in a quiet room alone and turn off all lights and electronics. Close your eyes and let your thoughts you do not desire past or do the bug squashing technique. Replace the thought with a thought you like.

Sleeping, meditation, and napping is not being lazy, you are programming yourself to be successful in your conscious hours.

The next section is attraction by Creation. It dispels some of the myths of the law of attraction.

### **Attraction by Creation**

You create your reality, the world is the world you create. You have everything you need to create whatever reality you want in life.

You use the law of attraction when you create. You don't attract success, you create it. We are creative beings. You don't attract things effectively by meditating on a hill all day. You use your creativity mind to attract your desires. Create something, we are creative beings.

Scientists don't really know what our minds really are capable of. Some say that we have infinite intelligence because of our capacity to gather and process information from an infinite intelligence through expressing creativity.

If you want to create something in your life, the first thing you must know is exactly what you want. You can find what you want by reading the sections on dreams, true bliss, and goals. Knowing what you want is planting the seed. Focusing with intense emotions and thought towards what you want activates the seed. This is the creation process.

Get interested in a project for your fellow man, not out of duty but because you want to. This is getting your thinking right. Desire is stronger than obligation. When I started wanting to write this book I achieved better results than when I felt obligated to.

Do not strain yourself, relax, let the creative abilities take over for maximum success. The creative mechanism in your unconscious mind, it is the extremely powerful and it is fully utilized when you reach the 4<sup>th</sup> level of competence, unconscious competence.

Thinking of how to do something prevents this creative mechanism from working, just know that you are a creator is enough.

The ideal emotional state to be in to create is feeling good. You can raise this feeling by doing the feel good activities. An exception is if you channel intense negative emotion for a short period of time on what you want to create.

If you are stopped in the middle of creation, you won't feel well either. Always work towards creating something that will serve others daily. If you experience the stopping of a creative feel-good activity, Do a Callahan technique then instantly continue onward. You must take action within 48 hours or you might completely downward spiral.

When you don't finish something that you're trying to create, generally the feeling is negative. Everything you let hang and don't complete creates negative vibrations and patterns, setting yourself up for future failures. When there is a stop in the creative processors, by yourself or

an outside influence, it gives you a negative feeling. So be persistence and finish projects you enjoy, if you stop enjoying a project continue working on it later when you start enjoying it again, you may just need a break. You might need to get your thinking right, do some feel good activities or read self-help material. In all other cases, say "I'm done with this project" and finish the project in your mind.

This isn't just for creation. It could be a book you started, cd, movie, video. If you watched a movie and you hated it in the middle, you don't need to finish the movie, just finish it by saying I don't like the movie and I no longer want to watch it. Finish the movie in your mind in a way you enjoy.

When we are not in the process of creating we want, we have negative feelings. This is called boredom, which is the lack of a creative idea . We are designed for accomplishment. You must always have a dream. If you're not feeling good, your not creating your own reality. You are not doing what you have been designed to do.

The brain is the most complex object in the universe, most just aren't harnessing even a small percentage of its potential power. It's possible of creating anything. Imagine if a person went to a remote tribe and pulled out a smartphone, they would think this is some mysterious technology from the gods, when in fact it was created by human beings. This was not possible thousands of years ago, but with the help of the creative minds of mankind, it was. Because of the limited creativity abilities of man, this was not possible. The main reason creativity is limited in most is the lack of the ability to imagine what you want to create.

The next section dispels this ideal more. It is the idea you can attract while being selfish and not giving to others! This is not true!

### **Give to Get**

"You can get everything in life you want, if you help enough other people get what they want." - Zig Ziglar self help author and lecturer

Being a go-getter is good, To be a go-getter, be a go-giver. If you wish to receive, give.

There are three kinds of exchanges, an uneven exchange, one person is giving more than they are getting. An even exchange is when you get what you give. An abundant exchange is is when one is giving more than they are giving. Here are some examples:

Equal exchange: You pay for a cheeseburger and you feel satisfied. Both parties feel good about it.

Unequal exchange: You go into a restaurant and pay \$25 for a cheeseburger think it must be a really good cheeseburger. The owner things I'm making huge profits, I'm make so much. You on the other hand don't feel good. An unever exchange is when a party feels good, but the other doesn't or when both parties feel bad.

Abundant exchange: You go into restaurant and pay 5 dollars for a phenomenal burger. You feel like you got more than 5 dollars. The owner feels good about it because you make your customer feel like they got a really good deal. This is an “unequal” exchange where both parties feel good. Note that the owner doesn't feel ripped off because they are the ones who set the price.

In life, business, or relationships, deliver more than you promise have an exchange in abundance. If you want to say in stagnate have an equal exchange exchange. Remember what we said about stagnation, it is actually decay, which is death! Always give in abundance!

If you make a promise to deliver something and can't deliver what they promise. The key is to acknowledge it as soon as possible. Apologize and make it right. If the other person is not willing to accept then that is there problem.

If you don't give back what you got won't get any more. You get more from giving than just receiving. The receiving from giving allows you to receive more. It's a cycle of giving and getting. A farmer must take some of seeds from fruit back to earth to receive more.

When you give, it must be out of a good desire to give. Do not do it out of duty or solely to get something in return. This is counterproductive. When you give something away with good feelings, you get back minimum 10x more. You have no fear of lack, which prevents you from lacking. The compassion for another comes back to you. This is where the concept of tithing comes in.

People buy feelings not products or services. Purchasing products and services is the same, if you don't enjoy purchasing the products or services you buy regularly, don't buy them. If the thought of buying a product or service makes you feel bad, don't buy the product/service. It's makes you feel bad, causes clutter and waste, and drains your finances.

Those who give the most are those who realize the universe is infinitely abundance. Do something for someone who couldn't possibly pay you back. You will receive in return good feelings or events that give you good feeling. You will eventually receive returns for your good deeds, this a universal law called the Law of Compensation.

The most tangible and obvious reward for giving is receiving money. If you're not willing to do more than you are paid for, you'll never be paid for more than you're doing. Our rewards in life will always be in exact proportion to our contribution or service. Find ways to increase contribution to match income goals. Focus on improving service over competition, that is another myth.

The best way to help people is not by giving them fish, but by giving them good “fishing lessons”. Teaching others how to get something is generally better than giving them something, because it empowers them by allowing them to get more. If someone can easily get something and you give it them, it disempowers them.

The next two lessons are on getting rid of old things by giving them to bring in new, better things.

## **Take out old to bring in new**

You can't get something unless you are willing to give something away. You must create a space for the good you desire. An idea you get rid of, make sure you replace with a new idea. Get rid of unwanted things to get more of wanted things. They resources will come to get what you want.

If you can't see how to get rid of something, get rid of it by donating. There are centers everywhere for getting rid of what no longer serves you (called "junk" by most). When you give, you also receive, this is the law of compensation

We hold on to junk and junk ideas, because we lack the faith we can gain new ideas and new materials. Let go of old ideas and objects to get better ideas and objects that truly serve you.

You can't just eliminate negative thinking without replacing it with positive thinking because you become a vacuum who will suck in the next negative influence. Replace negative with positive immediately after removing.

People let their environment control them rather than controlling their environment, this is a mistake

Your environment is reflective of you as a person. You should make your environment the way it will serve you. You can research Feng Shui, which is an art of manipulating the environment in a way that serves you. This depends on your personality and goals. If you are a person who doesn't care about having mess, I suggest you clean your environment and see if you feel different. If it doesn't having a mess is fine. It's about how you feel.

Feng shui is also about getting rid of old things to bring in new things. Imagine a hoarder's house, they have so much junk they can't bring in new good quality items into their home! An interesting note is I have never seen a rich person who hoarded clutter and junk!

Clean your area of work and focus only on one project at a time. Many people report an increase in ability to focus due to the lack of distractions. I would highly recommend when you work to keep your phone and food away while you work unless you use your phone to work. For some a phone isn't a distraction, but if you don't have an EMF protector you certainly should at least for your health.

Cleaning and organizing your house and car is a good idea too. It may be work, but this work is enjoyable once you get started, and after words you feel amazing. Adjust the positions of your home in a way that feels good.

Feng shui also applies to computers and phones, don't forget this. Is your phone loaded with useless apps? How could you bring in more apps when your memory is full? If your desktop is full of files, how do you know where everything is supposed to go?

The next lesson is on Gratitude, which can amplify the Law of Attraction. It enhances the principles of faith, giving and getting, and creation. This is great for prayers or anytime you feel like things aren't going well. Anytime is a good time to feel grateful, it feels good and attracts more things in your life to feel grateful for.

## **Gratitude**

Be grateful, but never content. Do not confuse gratitude with complacency and being content. Dissatisfaction is simply the desire to grow. Dissatisfaction with life is the motivational force of our creative mind. You can be very happy and very dissatisfied. All inventions were created because someone was dissatisfied with life. Always focus on expanding to be the greatest potential of yourself. Realize this, you have infinite potential. You should therefore never stop expanding. The person who is the happiest is someone who is endlessly focusing on expansion.

Always be grateful. Look at stories and pictures of people who suffer and you will be grateful, someone always has it worse than you. Always be grateful after a prayer in order to greatly amplify the power of it. The grass is always greener on the other side. Be happy with where you are now before moving in a new, better direction.

Don't be ungrateful when you don't get what you want. What you think you want is often different than what you want. Sometimes God gets you what you really want not what you think you want. That is why some of your current desires will never come true. Develop a close relationship with God, listen. Find what you really want and you won't have to worry about chasing false desires.

Next is on the topic of money.

## **Money**

Making money is where the rubber meets the road on Law of attraction. This is because money is highly quantifiable. Using law of attraction on money is a good start because you don't have to question whether it is working or not because you have tangible results.

Being a good painter is subjective. I have 10,000 dollars is objective. You don't know the totality of law of attraction if you can't apply it to make money. If you choose to not apply it to make money its fine, but if you try to apply LOA to make money and you fail, you don't truly understand LOA. You have a stop program and false beliefs if you can't apply it to money. I will clear these programs and beliefs up:

Does it make the world go around? Is it the root of all evil? What is money? Money is simply energy. It is what you get back for providing service to others, if we are talking about honest money. Gaining money by using violence or deceit will not bring you joy. Understand that money is not evil, this is an idea that was created by rich people to stop poor people from believing they can getting rich. Many rich people don't want competition from more people. Money does make the world go around. People will do anything for money, you can hire a person to do any job or acquire almost any product or piece of property with money Money is an obedient and diligent servant, you can use money to provide services far beyond what you could physically provide. One hundred people can do more than one person in any job.. Money expands your options and opportunities in life. Money is a tool, like a hammer. A

hammer can be used to build a homeless shelter or to kill a person, money is no different. If you want money, become obsessed with earning it.

Playing the lottery is not a way to riches, there is no free lunch. Another form of lottery include blindly playing the stock market.

Save at least 10% of your money, you need to save money if you want to be rich. You can get rich just by saving, if you don't save you will always be poor no matter you income. If you don't develop the habit of saving, you mind will find mindless reasons to spend your money. This is why people who gain millions in the lottery lose all their money in a short period of time.

Live below your means to save.. This means do not waste money on things you don't need or truly want. Don't spend money on short term pleasure, you it instead of invest in something that will give you long term pleasure such as an investment in a worthwhile project you enjoy Money expands what you already are. Be aware of opportunities to earn money, those opportunities are found by thinking of ways to serve others.

Be careful to not save too much, this is called hoarding money. If you hoard your money in savings, spend your money on what you want and don't focus as much on savings. You will begin to enjoy what money can get you. Hoarding money is not what money is meant to be for. Money is useless if you hoard it, it is meant to be spent, not just earned. Money doesn't like stagnation. Money is like having a house cluttered with junk, you need to get rid of the junk before you bring in quality furniture. If you don't know what to spend your money on, invest it. Investing in your health and education are the best investments you can make. Other investments include properties, securities, stocks, precious metals, etc. Precious metals are very safe and require little financial education, and will earn you more passive income than savings accounts. If you invest in stocks don't invest in greedy or evil corporations. These include Big Tech, Oil companies, animal agriculture industries, Bio-tech, Governments, military-industrial corporations. These corporations and institutions deserve to be starved of investors. Investing in these companies will hurt you karmically. I explain this in later chapters.

Ben Franklin "The road to wealth lies in augmenting our means or diminishing our wants, either will do." Best to do both

Invest in physical Gold and silver, it can help you get passive income. It is a safe investment and has held value all throughout history. In times of crisis, war, and inflation, it retains its value and often becomes more valuable. It's important to make sure you buy from a reputable dealer than doesn't charge a high premium, the price should be near the spot price. I use APMEX.

Gold and Silver have energetic properties that bring you more prosperity. Gold is more powerful than silver, but it of course is also much more expensive, primarily because the Gold:Silver ratio favors Gold more than it should for various reasons. There is a reason why kings, pharaohs, etc wore golden crowns and jewelry. Those with the gold make the rules.

Some have theorized that the reason people are obsessed with gold is that the human race was designed by aliens who set up a colony near South Africa to mine gold.

All rich people have a cash cow, this way you don't have to be actively working to make money. A cash cow is a form of passive income that is set up so that way you can make money even if you are sleeping! An example would be book royalties, you make an initial effort, then you get paid for it the rest of your life.

Debt isn't the same as credit. Credit is using loans to assets. Debt is using loans to create liabilities.

If it increases in value over time, it's an asset  
If it decreases in value over time, it's a liability..

Talk positively about your idea of money. Don't say things such as "money is the root of all evil" or "only greedy people have money". These are affirmations that keep you away from money, unless you are evil and greedy, which in the case, you need therapy.

We live in an abundant world, this is an attitude that is required for your prosperity. If you think we live in a world of lack, you will lack. You will always get what you need to feel happy and fulfill your dreams if you believe it. If you don't think we live in an abundant world, go to as many stores as possible. Look at all the items there and discover all the materials it took to make the items. Imagine the time, energy, and manpower that went into it. Realize that there are millions of these stores across the world, this is nothing short of a miracle. Look at how it's made videos, there are many videos about this subject. Learning how things are made helps you understand the complex process, manpower, and machinery used to make objects, which is more proof we live in a world of abundant world.

The money you are paid for is based on your ability to do it and the ability to market those services. The first usually takes care of the second.. Rewards for service to others include our happiness, our peace of mind, your inner satisfaction. To get rewards, give service. We provide service by acting to make the world as much better as possible. Ask yourself "What is a good way I can make the world a better place?" and you have your answer. Growing to be your highest potential and giving to others is the purpose of life.

Next chapter we will talk about another way to boost law of attraction that many are not aware of it is the art of Sexual Transmutation.

### **Sexual Transmutation**

Sexual transmutation is using sex energy on purposes other than lustful pleasure.

There is this ancient idea of retaining from orgasm. One way they can help improve your quality of life in many respects is by refraining from orgasm unless it is to create children. A philosophy in many cultures is they believe that whenever you have an orgasm, basically you

are dissipating your energy that could be used for productive activities and instead of using it for wasteful activities. When you orgasm, you are exchanging long term benefits of having sex energy for short term pleasure. You can still have sex without orgasm. Many people feel drained of energy after masturbation as well, even if they did it for a short time. La petite mort is a french term that means "little death". It is believe that your life force is weakened after orgasm.

What your sexual organs were really designed for is to create children. That is the biological reason. Most religions believe that sex should only be done for children. I believe the reason is to encourage people to only release their energy when it is to create children, because that energy is vital for everything else. Sex is the number one drive of all beings. Remove the sexual organs of a bull and you will get a cow, similar effects happen to cows. It destroys self esteem, willpower, and well-being.

The energy from sex transmutation is from abstaining from orgasm. Gaving sex with the emotion of love (without orgasm) and the feelings of romance boosts this energy. Don't dissipate your most powerful energy source.

You can instead use transform that energy into a creative or constructive purpose. When driven by this desire, people develop high levels of imagination, courage, willpower, persistence, and creative ability unknown. This force can be used in any profession, skill, trade, career, job, passion to achieve great heights of achievement.

There are three potentially constructive reasons to have sex:

1. To have children (and raise them correctly)
2. To maintain health (it has many therapeutic benefits which are unmatched, such as reducing stress)
3. To transform an average life into a phenomenal one through transmutation

Sex transmutation is switching the mind from thoughts about sex to other thoughts. This will free up some of your mind and attention to other thoughts. Most think of sex so much, consciousnesses or unconsciously, that it is difficult to think of anything else. If this time and attention was focused elsewhere, great results would occur. This desire should not and cannot be submerged or eliminated so it must be given an creative outlet that would help enrich the body, mind, and spirit. If it is not expressed constructively, it will be used for having sex for only pleasure, which leads to addiction and/or obsessive unconscious thinking of sex. Focusing on your dreams will get you away from these lustful thoughts.

Most people don't succeed before the age of 40 because they channel the sex energy into poor outlets according to Napoleon Hill's study of 25,000 people. The sex energy is strongest before 40 and this causes many people to focus only on sex. When this sex energy is weakened after 40, people begin to focus on matters that are more important than sex just for pleasure, and then they becoming successful.

The people who have reached the greatest heights of achievement were people who were motivated by the influence of their partners. Most people who are successful had a partner who was often quiet and not involved much in their partners work, yet their motivational support is what brought their partner to great heights of achievement. When the emotion of love and the desire of sex harmonize, the result is calmness, balance, and motivation.

When a person is driven to their desire to please their partner based upon the desire of sex, they are usually capable of great achievement, but their actions are often disorganized, distorted, and destructive. This desire is only keep if you abstain from orgasm, that is why after orgasm people have no sexual desire and feel tired, you sapped yourself of your greatest motivational force. People have stolen, cheated, or even murdered to please their partner.

The most influential have highly sexed nature. The more sexual transmutation these men use, the more effective they are of salesman. The sex energy helps people's "personal magnetism", people are draw towards highly sexed people. The reason that people who are master salesman are so successful is that they are enthusiastic about what they are selling, this enthusiasm comes from transmuted sex energy.

According to Kevin Trudeau: Throughout history, sexual rites and rituals are used because of the intense emotional pleasure created during climax of sex. Intentions and decisions have the best chance of being launched. The seeds of desire start to grow. Food is another for some. You can launch an intention, a decisions whenever you launch during that moment of peak pleasure or emotional intensity, it has the power to germinate and produce what you want int life.

Indulgence in sex is just as bad as indulgence in narcotic drugs and alcohol. Sexual indulgence can destroy reason, willpower, and creativity. It can even cause madness.

Having sex with partner is beneficial, but do not have sex with someone who is toxic. These are essentially real life succubus and incubus, which are demons who drain your energy. They lure you into having sex with them. They care more about lust than your well being. It is

difficult for many to have a deep connection with multiple partners and you risk STDs. If other partners are monogamous and you are polygamous, it may cause some conflict.

Abstaining from sex is better than sex if you have no partner(s) you have deep connection with. Having sex for only pleasure is not ideal for success.

Love and Sex is all the emotions capable of driving people to heights of super achievement and genius. There are genius who know nothing of love, their actions are destructive, often to others in the form of injustice and infringing others rights.

Love nor sex alone will bring a happy and enduring relationship. When love and sex are combined, they are stronger together than they are separate.. You will enjoy more pleasure and energy with a partner you truly love. When these two emotions are combined, a state of mind is formed which is closest to a spiritual one than every known on Earth. Partners often leave their significant other because of their ignorance or indifference towards the subjects of love and sex.

The right romantic partner can assist you in achieving your dream. You do not need to seek one unless that is your goal. When you focus on your dream, the right partner will come into your life to achieve your dream.

Let's talk about the subject of leisure, an advanced law of attraction technique. Make sure you master delayed gratification and understand the four stages of competence before applying the leisure principle. Become a master of your favorite craft by being persistent over a long period of time.. If you feel ready, you are, go ahead and start applying. Regardless, read on.

### **Leisure**

You don't have to only physically work 24/7 towards you goal. Remember it's about getting your thinking right and feeling good. You can get your thinking right and feel good by doing leisure. Leisure is turning a STP activity (STPA) into long term pleasure activity (LTPA). In this happy and relaxed state, you can then pivot by get back to work in a joyfully charged state. You don't become addicted because you are a master of delayed gratification. Feeling good also attracts events into your life to make you feel good.

You can convert a STP into a LTP by being a master at life by mastering success principles. An example is I use to be a video game addict and I hated playing video games, but I was a slave to it. I learned success principles and now I play video games when I feel like it and therefore I am playing it far less.

Some of the most successful people take long and often breaks from their work. They do less and achieve more.. Andrew Carnegie, the 3<sup>rd</sup> wealthiest person of all time, took long vacations of three months every year. The reason successful people rest and do leisure is to raise their vibrations (feelings) and reduce stress. Working in ecstatic states can achieve wonders. Working in stress is non productive and detrimental. Leisure activities such as golf can help with this. When you feel these good feelings, they stick with you after vacations, and you can use these good feelings to amplify your work.

It's good to have leisure if it feels good. Do this once you have hardwired your brain with success. When you are a master, you are always working towards your goals and dream unconsciously. Those unconscious attractive thoughts become amplified with good feelings. You can actually start achieving your goals without moving a finger, this is magical. Don't feel like you are getting side tracked, you aren't. Here is a great story to understand this concept:

Two wood cutters were in a competition, one was named Peter, the other was John. Peter chopped wood for an hour and took a 15 minute break, meanwhile John was still chopping at a steady rate. John laughed at Peter because he knew he was confident going to win. At the end of the competition, Peter was victorious. John asked "how did you win? I worked harder and longer!" Peter said "While you were still chopping down trees I was sharpening my axe."

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe." - Abe Lincoln

Sharpening the axe has a multiple meanings, it means that you should work while include rest, study, play etc. We should eat enough, do invigorating exercise, and rest well to ensure we have enough energy. We should study to improve our trade or craft. If we do not sharpen our axe it will become dull and useless. The reason most people's axe is dull is they are lazy or they work too much, as paradoxical as it might sound. A lazy person is someone who cares only about feeling relaxed, they don't want to exercise, eat healthy, or study because this requires them to do work. The workaholic doesn't have enough time or energy to sharpen their axe, but only if they knew that sharpening the axe would give them more time and energy for chopping trees

There is nothing wrong with leisure, nor is there a problem if you don't feel you need it. Some do not leisure at all because they love their work so much. The balance between work and leisure is based solely on feelings. The most successful men and women manage to live a balance of work and recreation. Recreation is a form of rest and the mind works best when it is rested and relaxed.

According to KT, The most conservative congressman let loose at secret clubs like bohemian club. They dance, sing, applaud, laugh, smile. You upgrade your vibration and increase you energy and your manifestation abilities by participating in fun activities with friends.

The next section is a summary of winners and losers and is a summary of the chapter.

### **Winners vs Losers**

A winner is a successful person, a goal achiever, and a dreamer. A loser is someone who is a failure and is unsuccessful.

Learn from Winners, do what they do.

Winners:

- Know they are winners
- Prepare
- Expect to win
- Know their dream and they expand it.
- Have a DCA, this gives you motivation
- Pay the price for success because they know its a bargain. They know you only pay the price for failure
- Know the score
- Accept responsibility
- Focus on gaining long term pleasure
- Think Long term
- Don't work or sacrifice, they focus on activity that is pleasurable (because there thinking is right)
- Follow through with a decision long after the excitement and novelty of the moment has passed.
- Act immediately on new ideas or newly acquired knowledge.
- Do the right things consistently
- Don't work slave jobs
- Are Creative
- Are Cooperative
- They often have many problems, but they overcome them
- Are willing to do what other's aren't willing to do and what others would call inconvenient
- Radiate confidence and assurance
- Create their destiny
- Don't have time for pop culture nonsense
- Aware of the negative, but focus and dwell on the positive
- They are originators, pathfinders, and inventors
- They don't let the physical world control their higher selves
- They move in the right direction all the time
- They make their decisions good
- Are positive.

Learn from losers- don't do what they do

Losers:

- Complain about everything
- Keep track of reasons they can't win, which are really excuses  
They are slaves to outside influences and they believe they aren't responsible for their lives.
- Focus on avoiding pain
- Think short term
- Compete
- Destroy
- They use the shotgun approach, if I throw stuff at the wall, it's bound to stick. They don't focus on where to put their attention. They have 10-20 things going on at the same time because they are fearful that what they do won't work.
- Focus on activity more than results and dreams, therefore get no results
- Procrastinates

# Communic ation

## **Introduction**

Communication is import for success, a group of people in unison is more powerful than an individual. This can amply the law of attraction thousands of times or more, especially if you understand the principles in the chapter and create a mastermind.

## **Subcommunication**

Relationships get established based on the way you feel around the person and how we resonate with them. You attract people who are in line with your thinking and feelings.

Telepathy is real, people pick up on our thoughts and emotions even if our body shows no signs and we are silent.

What you think of others changes how they treat you, think of what is good in everyone and they will treat you with kindness.

Developing an attitude of love while insure you are an excellent subcommunicator.

## **Be a lover**

The ultimate key to communication is to love others. The power of love is unstoppable and causes people to completely overlook other faults such as not looking them in the eye, your stutters. Love also annihilates all hate and intolerance. The other sections in this chapter are secondary.

Love people as they could be not how they currently are. Help them become a better version of themselves out of love. Always see the best in people how they are now as well. Find the good in people, Give out good to others and you will receive good back. Look for the good in others to find the good in yourself. Adopt the golden rule.

“Do I not destroy my enemies when I make the my friends.” Lincoln

Leave everybody with the impression of increase. Give sincere compliments is universally liked. Providing service to others is a great way to show love to others and leaves an impression of increase.

Develop a genuine appreciation of people by realizing that they are unique, creative beings;

A person who loves other is supportive of others, the give recognition and appreciation.

## **Recognition and Appreciation**

Treat everyone you come in contact with as the most important person on Earth. They will think of you in the same regard. Think of parent that pour their full heart into a child, that child, if asked, would say their parent is the important person on earth. You can use this to get people's support.

The deepest craving people have is to be recognized and appreciated. Almost everyone thinks there are the most important person on Earth. Take advantage of this by giving them praise. Appreciate other people more.

Don't hog fame, also give credit to others who helped.

There are two parts of recognition, you recognize others, and then they recognize your. Give recognition because what goes around come back around.

Don't snap at people ask "is this merely my own frustration at a different target, is this just me? What is really frustrating me.". Being angry at others who have done you no wrong is not appreciating them. When you are angry at others for no reasons, they are likely to respond back in the same way. People often get frustrated at others because they are frustrated at something else. A common example is man who is angry he had a bad day at work and he yells at his loving wife.

Don't be a "nice" guy, yes man, or a people pleaser. Be you, nobody likes a phony. However, saying please and thank you are two magic words that can allow you to make others feel good and you will feel good in return.

Let's talk about tolerance, this will help you be able to give recognition to more people, it removes some of the reasons you refuse to love others and give them recognition and appreciation.

### **Be tolerant**

A tolerant person when he sees someone doing/saying something he doesn't understand says "I wonder what is the reason he/she is doing that."

Intolerance prevents you from socializing with certain groups. It develops closed mindedness and ignorance. It is the cause of much suffering in the world.

Social skills aren't developed when you say that you refuse to communicate with a certain person or group of people based on arbitrary reasons.

Here are some arbitrary reasons to not talk to someone:

Name, Appearance (Gender, Age, Race, Skin Color, Dress), performances and favorites (where they live, favorite foods, sports, video games, movies), opinions, ideas, etc.

This list can never end because people judge others for the most non-sensical reasons. In my opinion the only time you should refuse to talk to someone is in an extreme case such as if you were to be physically harmed by doing so.

Often times, we are as we see others. We essentially create others in our own image. We are the least tolerant of those negative traits we ourselves possess.

A solution to intolerance is the knowledge everyone is a child of God and a unique creation. Travel to other groups of people and interact with them. You don't have to hang out, the

exposure is what counts. You don't have to go out and communicate with everyone, but listen to everyone, even if they think completely differently from you. You would be surprised of what you might learn.

Stop and think about the other people's perspectives, needs, and desires. When dealing with people see things from their perspective as well as your own.

Recognizing and acknowledging that everyone has a different view of something gives you a huge advantage in dealing people, because you know what they think, what there desires are, and their motives.

A tolerant person is a good listener because they are open-minded and do not block out what other people say based on arbitrary factors or because the believe I differently than them.

### **Listening and Questions**

Listen more than speak. A good communicator is a good listener. Listening requires no skills, it is easy and effective. Many people don't listen they think about what they want to say next and the just pretend to hear the other person.. Respond only if they ask you a question, it's something important/relevant, or if it's an emergency. You will learn much from listening to people.

Don't wonder in advance what you are going to say it will come as it needs to. You can always listen to others more and ask questions about themselves and what they like if you don't know what to say. Silence is never a bad thing.

A listener will answer questions properly and will ask questions if they desire.

A good listener will answer questions properly and ask good questions about what the other person is talking about.

Pay attention to what people say and respond correctly to their questions. When someone asks you a question, give them the answer they are looking for, don't beat around the push or change conversation topics. Give a specific answer. If you don't understand, ask them to rephrase it.

When asking someone a question, always make sure you get the answer. If you don't get the answer you are looking for, ask again. You can ask in a different way, as to not annoy them. Perhaps they misinterpreted what the question was.

A person who asks good questions needs to be an active conversationalist.

### **Be an active conversationalist**

You can't know too many people. If you struggle with shyness, overcome it by opening up with strangers. If you open the doors of your mind to others and you will reap a wonderful harvest of friends.

Introduce yourself to others before they do the same. If someone introduces yourself to a group, introduce yourself to each person afterwards.

Don't be reactor, be an actor by being actively friendly. When you deal with people and situations, you can either react or respond. Reacting means that you don't control your thoughts and you let others actions control your emotions, it effectively means that person has control over you.

Don't ask how are you doing to people. Some people will not have something good to say and they might make you feel bad and they might spew a negative train of thought. It's better to say it's good to see you, what are the good things that have happen since we last met. This makes them feel good and they will like you more.

Every time you go to a meeting, develop a new relationship. The art of trying to develop a relationship even if "unsuccessful" is beneficial.

Mingle with other people; Develop social skills that will add to the happiness of others such as dancing, playing games and cards, piano, tennis, golf, etc. Get involved in volunteer organization as well.

Next is mastermind, an active conversationalist will always have a mastermind.

### **Mastermind**

A master mind is group of people that mutually support each other. Have uplifting friends who think differently from you and are not concerned with only trivialities. Associate with people of high moral character and who are optimistic. Avoid people who try to kill your dreams and chronically critical people.

Having a powerful team goes a long way in achieving your goals, this is the purpose of a mastermind. You do not form a mastermind solely to help you achieve your ends, its mutual. It's better to form a mastermind with the intention of helping a group of good, open-minded people. If you help your group and they will help you, after they do make sure you are grateful for their help. Going to groups and hanging out with a variety of people can help you find the people who can get what you want. Then, ask them if they need help with anything and develop a deep and positive relationship with them. Once you do that, request what you want them to assist you with your goals and dream. When you ask them to do a favor, they will likely comply. When people do favors for you, they will like you more, its a cycle. This is called the Ben Franklin effect.

Real friends multiplies your happiness and divide your sorrows.

Give people a good why and how of what you want them to do and they will feel like doing more for you and the results will be better than if simply gave them order. Support good causes with enthusiasm and others will join you in support..

All successful people are part of an associate or group. This can include a country club, fraternal organization, a secret society like Freemasonry, or a religious organization. They meet in person, though online masterminds can be formed, they do not have the same connection. They are many good online groups, I would recommend having at least one, so you can be connected to a mastermind of people at all times. These organization are formed so that way the people in the group mutually support each other by giving and receiving recognition and appreciation. They keep each other accountable. They support each other with love and support no matter what struggles they are going through.

This next part is on mental master mind, which is an extension of a master mind, but with other intelligence that are non-human.

### **Mental Master Mind**

A mental mastermind is a mastermind you create in your mind. The beings in the mental mastermind are either dead, alive, imaginary, fictional, or spiritual. You can communicate with any living person on Earth as if they we communicating with you in real life. You can gain info that is know to no other man without doing anything or going anywhere by creating a mental mastermind. But don't forget to help the spirits you want help from, you must give first to receive. Always practice gratitude by sending appreciation to them after they help you.

“Heed these words, You who wish to probe the depths of nature: If you do not find within yourself that which you seek, neither will you find it outside. In you is hidden the treasure of treasures. Know Thyself and you will know the Universe and the Gods.”

- The Oracle at Delphi

Spiritualism is talking with spirits. Self-author Napoleon Hill talks about how he talked with historical figures to help with his dreams and guide him in life. Some call it spirit guides. This can be a your mental mastermind. Prayer is a form of mental mastermind. You can even master mind with people who are still alive across the world and even when they are asleep. This is because living people are spirits, the physical world is spiritual and the spiritual world is physical. The difference is you can see one with your five senses and the other you can't.

Here is something you can try: If you have a problem or question, write it down on a table and circle to table asking it from the perspective of each person in your mental mastermind.

Here are some beings that I have in my mental mastermind:

God, My Higher Self, Grandfathers, The Archangels, Bob Proctor, Mark Passio, Kevin Trudau, Napoleon Hill, and Jesus.

Next is leadership, if you are seeking to form a mastermind or join a mastermind and becoming a leader, this is necessary. Leadership is important for all, as I will explain.

## **Leadership**

We are all leaders, because we lead ourselves. We lead those who look up to us. Even a low level employee could be a leader to someone.

We should all be great leaders and intelligent followers. Great leaders become leaders by being intelligent followers. An intelligent follower is NOT an order follower, they ultimately listen to themselves and do not do what others tell them just because they told them

What many would call “sucking up” is not wrong, I call it charisma. People receive promotions based on their communication skills above else, no matter how good you are at a job. If you are a depressing or negative person who sucks the positive energy out of others, you are a burden.

Treating your leader with respect is admirable if they respect you as well. Giving compliments and showing appreciation to your leader is part of being an intelligent follower. Understand it's ok if you criticize your leader, just make sure that it's constructive and comes from a place of love. You will become a leader if you keep this up, the leader will give you info on how to become a leader.

Lead by example, practice what you preach. Be an example to others and you won't have to set the rules. Tell the truth. Leaders must never show display fear, doubt, or worry.

A leader is a person others want to follow. It is not just a boss, it could be a employee, a mom, or a child. Leaders can be followers to others as well, most leaders are followers of other leaders.

We should all be leaders of ourselves and lead others to greatness and goodness.

Subordinates don't respond well to fear motivation. Incentives is good, but not as good as as having them set their own goals. To increase your followers self motivation, get to know them better so you can help them set their goals, but ultimately let people choose their own goals. The best way to motivate people is to get them to motivate themselves.

Another key to motivation is providing motives that outweigh the methods. When people ask “What's in it for me.” or “why should I” they are attempting to become self motivated, this is good.

The goal of the best leaders is to get people to think highly of themselves. It's almost impossible to get people to do something unless the understand why. The usually want to know what's in it for me. Make followers feel important.

Measurement is relevant because it makes work more enjoyable because there is a way to win. It allows people to know if they are winning or losing every second of everyday. Have followers develop their own score keeping system.

Increase the frequency of feedback to improve the quality and quality of performance. Feedback should be in charts and graphs.

Never tell someone they are a failure, just tell them they have failed at specifically something. Criticize people's performance, not the person. Focus more on what subordinates did right than wrong, this prevents them chronically focused on short coming rather than goals, accomplishments. When you correct someone, be ultra-specific. You showed up late is not as good as you showed up 5 minutes and 20 seconds late.

When someone say's there about done, they are usually barely started. These are called escape words. Avoid escape words to improve communication.

Build your people and they will build your buisness (build your customers and your employees)

If it have a new person, don't let them out of your sight or next 48 hours, "Shadow" them.

Nobody can do what you do unless they know what you know. A great leader is always a great teacher, he gets his subordinates to be great like him/her as well. He doesn't hold on to his leadership position tightly, he will let others become the leader if the situation calls for it.

A leader is always willing to fight from the front. They do not sit back and arrogantly refuse to do the duties that are normally delegated to his subordinates, this creates division and makes others think they you are a megalomaniac.

A great leader and intelligence followers will make sure to appear well to make sure they leave a favorable impression on others.

### **Physical Appearance**

The way you look changes how other perceive you. It is the first in first impressions. It is ideal to be hygienic and well groomed in most social scenarios. However, a charismatic person is never afraid to let loose and get dirty when appropriate.

Dress in the way it makes you feel good, like a million bucks. Dress for appropriate for the setting. You can never dress too good.

Take care of your health care. Insure you have vibrant skin, this can influence others as well. Maintaining a healthy figure that is lean is ideal, unless you are in sports, then an athletic build is better.

Next will will talk about body language, which is physical appearance in action.

### **Body language**

Look people in the eye when they are speaking to you or you when are speaking to them. To get better at looking people in the eye, practice looking at yourself in the eye with a mirror. While doing this you can say postive affirmations, remind yourself of your past victories, and repeat other good things people have said about you to yourself. You can practice on children, most people have no social

anxiety with children. Find anyone who you are comfortable speaking with and have frequent conversations with them practicing eye contact. If you want to someone to talk, ask them about what they love and love to do.

Face people when speaking to them when possible, include your body, arms, and feet.

Walk besides people if you are walking and talking.

Hand shakes are generally best if they are a firm but not so tight you are cutting the person's hand blood flow to the hand. A handshake like this shows that you are confident by not domineering. A weak handshake subconsciously communicates to the other that you are submissive or lack self-esteem.

Give people full attention, stop tasks you are doing if they look like they are about to talk to you. It shows you really respect their time.

### **Be punctual**

It's better to be an hour early than 5 minutes later, respect other's people's time. Many people show up late, or just barely on time. Show up earlier than the rest if you really want to leave an impression on others. It shows you respect their time by ensuring that you made sure you were not late. This shows how much you value your time with that person or group of people.

### **Travel**

Leylines exist all of the earth, people gather in certain areas of the Earth for particular reasons. Wonders of the world were often build because of locals understanding of these leylines. Some common ones include Giza pyramids, Stonehenge, Angkor Wat, Machu Piccu.

On earth there are key points where thoughts, energies, and vibrations can be put into the ether with more power and intensity than other parts called vortexs. Different locations have different feelings and thoughts, some of which are more dominantly negative or positive. Traveling is good especially if you are resistant to negative thoughts, which you can build up by self-talk and therapies. Some places have an overwhelming amount of positive energy. You will abosrb only the good from these locations.

When you travel across the world you expand your imagination because you see more of it. You eat different foods with different tastes. You smell different smells. You see people acting different and you interact with a different culture. This develops tolerance as you realize that despite their differences, most people in the world are generally good people, no matter what culture they come from.

It keeps you out of a rut and a monotonous routine because you are forced to change your routine when you are traveling. The explore of a new places forces your mind the think differently.

Builderberg meets at different locations, each year for increased intentions. Builderberg includes top-secret meeting of the most elite people on earth (that is know to the public).

## **Marketing**

Marketing is the communication of your ideas and services. You do this by finding out what others want and show them how to get it.

When selling something aka when you are presenting an idea to someone, selling a product or service tell them what it isn't no what it is. This is not an absolute statement.

Example: KT was selling a memory course while others were as well. The people did do well. Kt said it isn't word association course, it a unique program that allows your memory power to develop photographic memory.

What it means is let the other person use there imagination.

In presenting information you can talk about features, but most importantly, talk about benefits.

If you see John through Johns eyes, you can see what John buys. When you are selling an idea or trying to persuade someone to invest in you, you need to see through their eyes. Are they Married? Single? What is there background? Wealth? What do they like to do? What do they think? How do they feel. Satisfy other wants, and you won't have others ask "What's in it for me?"

The next chapter is on learning, learning is necessary for success. An ignorant person is never successful.

# Learning

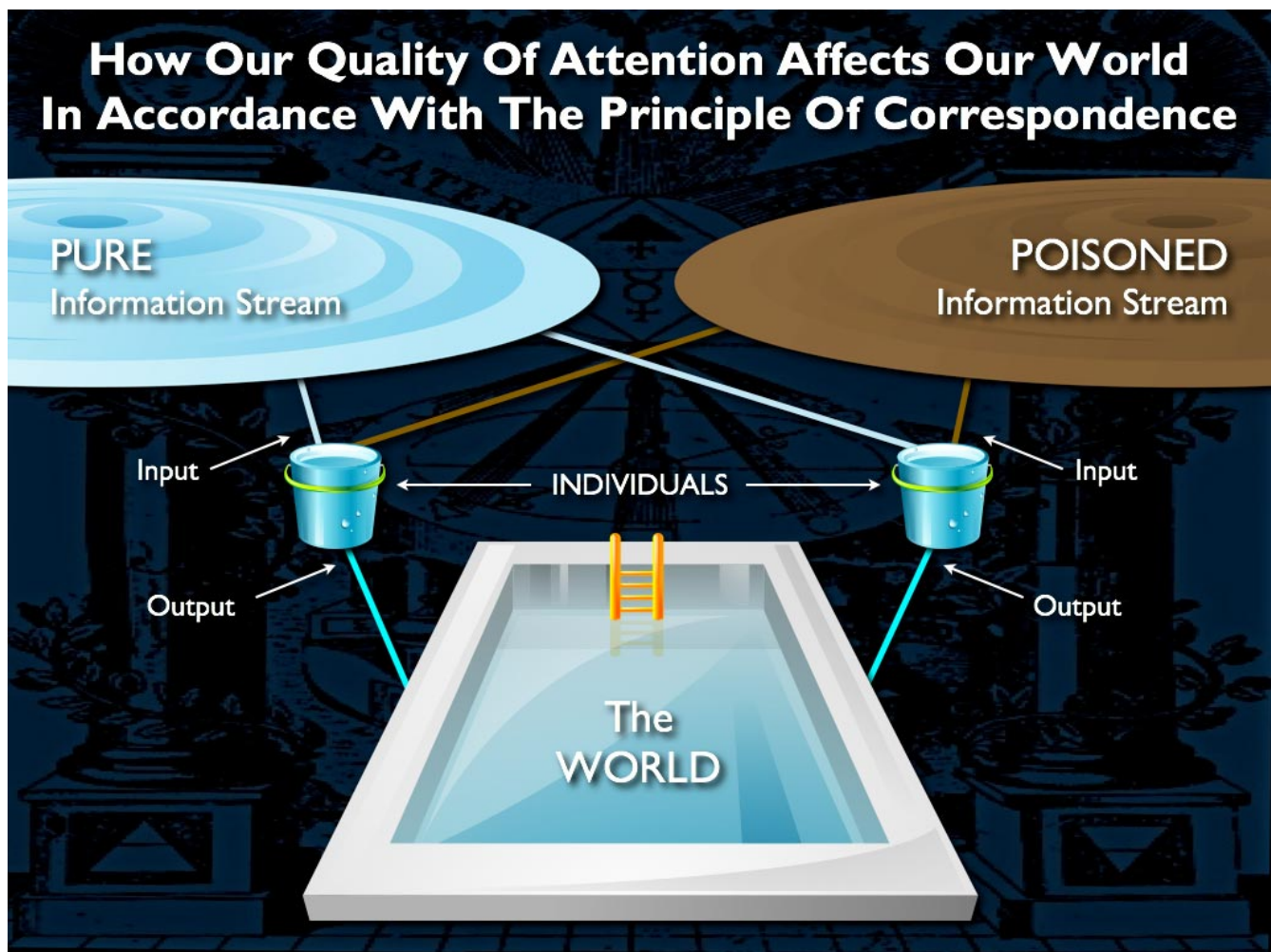
## **Who do you listen to?**

Who do you listen to? Many authors and presenters present information that isn't true and didn't work for them. These presenters are interested in selling people ideas that sound good, but don't work on paper. Numerous books written by elite people are ghostwritten, this means they didn't actually write them. Examples include Trump, Bill Gates, and Warren Buffet. They don't want competition, so they give out watered down ideas that sound good on paper, to make money, but not really to help you. Find those who are telling the truth, you do this by reading this chapter.

There are two Spiritual Currencies. People will say that you “spend time” and “pay attention”. We trade our time and we get back a return for that investment. We get back returns in the form of knowledge, understanding, skills, expertise, and empowerment. If we spend our time and pay attention to the right things, we will get a good return for our investment, if we waste our time and don’t pay attention to what is important, we we get a poor return back.

Here is a great example of a good thing to pay attention to and spend time on, learning the how to listen to the right information (you are doing this now). In return you will get knowledge that can help you understand reality and with that understanding you can improve your life and the lives of others, so we can actively create the reality we want rather than just accepting reality were are handed, which is almost always destructive.

We should improve the quality of our attention by focusing our attention on information that is capable of improving ourselves and humanity. This effort will result in a good investment for our time. We should ask ourselves “What am I spending my time on?” “What am I paying attention to?” and most importantly “What kind of quality am I getting in return for these investments of my time and attention?”



The quality of our attention affects our world. If we get knowledge from pure and good information sources, take it in, and then act on that knowledge in the world, we will have a pure and good world.

However, if we get information from poisoned information sources (virtually all mainstream media, much of what is taught public schooling, neglectful parents, and dogmatic religions), and we take the information in, and then act on that knowledge in the world, we will have a terrible world.

Everybody receives some pure and poisoned information from both sources and takes the knowledge gained from those sources into action which creates our world.

Most info on the internet and media is just opinions. Personal experience is generally the most accurate. The second most accurate is old books, the classics and esoteric/occult texts are excellent. When people deliver information, they deliver with their own biases and beliefs which main distort the truth. They are third hand sources, not true.

**Primary sources** present first-hand experience of an event.

**Secondary sources** present the experiences of others or they collect primary sources, aggregate them, and present information.

**Tertiary sources** collect secondary sources and aggregate them to present information.

Hang out with new groups. Group with those who you think could be positive, uplifting and intelligent. Yoga classes, Tai chi and qi gong classes, fraternal and maternal organizations, secret societies, spiritualist churches, universal utilitarian churches, libraries, and universities are great places to meet uplifting and intelligent people. These are not the only places. These people and places are often filled with good energy, some of this good energy will inevitable rub off on you.

If you want to learn something, learn it from someone that has already done it and have been where you are. For example: If you want to learn how to get rich, hang around people with a higher income that you and stop hanging around people of a lower income all the time. You don't have to ditch your friends, just be aware of when your lower income friends start talking about poverty or how the economy is bad, you can block it out.

Be opened minded and study from pure sources of information. You can find these by practicing discernment. We need to divert our attention away from poisoned information sources and towards pure information sources. This requires judgment because we need to be able to decide what information sources are pure and which are poisoned. It should be noted that there are very few information sources that are completely pure or completely positioned. Even the most seemingly pure source of information probably gives some poisoned information, even if they mean well. Because of this we need to get our information from a variety of sources, aggregate that information, and get then decide what information is true or not. Each fact and statement has to be analyze whether that information is true or not, no matter the source.

You ultimately listen to yourself, which is your feelings and discernment.

### **Are you willing to learn?**

How willingly are you to listen? You should be open minded and listen to others. You may have to invest time and money into attending lectures and seminars. You must also study books/audiobooks to gain knowledge.

Be willing to learn, what are you willing to give up to learn? This is usually old beliefs and old habits or hobbies that no longer serve you. If you go back to an old habit, the new paradigm you create won't let the habit stay long enough.

You create a new paradigm when you learn helpful information and memorize it, it becomes a part of your being. It prevents self-sabotage and keeps you on track, similar to how an airplane's autopilot uses trial and error to reach its target. Be willing to change, are you willing to do something completely different?

You will never know everything, you always learn more and others always have knowledge that you don't have. Know that you don't know everything. You are always a student, even if you are teaching others. Be curious.

But, have confidence in yourself, say "I know what I know now and I can learn more", don't tell yourself you are dumb, nobody is dumb, you just need to change your thinking. You are the most intelligent creature in the known universe! The brain is most complex object in the universe! You can repeat the following statement as often as you desire, and you will feel more intelligent and you will become more intelligent:

"I am the most intelligent form of creation in the universe and I possess the most advanced object in the universe, my brain!"

Know that you are intelligent, if you think that you aren't it could block your ability to learn just as much as you think you know it all.

There are three bad places to when learning:

1. Thinking you know it all.
2. Thinking you are dumb
3. People who think they don't know enough who won't apply info and therefore will never know at a deep level what they learn and never achieve their dreams.

Curiosity is the desire to learn, that is the most fundamental aspect to learning. A curious person is more intelligent than anyone with a PhD who dreads learning. They will become more intelligence. You can become interested in anything if you dig deeper into an idea, concept, or topic. You would be surprised how fascinating the littlest things in life can be, such as how a colony interested of ants operate. Did you know ants can form together and build bridges across air and water to transport other ants? Ants are mostly seen as insignificant, but they are very fascinating the more you learn about them. This is true for a lot in life, you become more interested in something the more you learn about it. Take a look at this picture:



It's that interesting, these are those "insignificant ants". To Entomologist, (someone who studies insects) these creatures are absolutely fascinating. To an ant, the colony is a matter of life or death, they would do anything for others for supporting their fellow brother and sister, maybe we should be the same? I would agree. Isn't that interesting?

You increase your curiosity and open-mindedness by listening/reading an idea or piece of information. Each time you do, your mind will make yourself more open to the information.

A good mind stimulant is baroque classical music which has been scientific proven to encourage study, by balancing both hemispheres of the brain and puts you into an alpha learning state. You can listen to any music you like as well, but make sure its not distracting or too upbeat, relaxing is key. Songs that have lyrics are often distracting, but for some it helps. Definitely do not play music that has negative lyrics, you want to be empowered when studying.

Learn from mentors who have been where you are and are where you want to be. Find a valuable mentor before becoming an apprentice. Once you have, Believe what they say but question it until you find out it bo be true. If you were to learn how to craft pottery, you would learn from a potter if you wished to learn best. Reading a book is not enough, you have no practical experience, unless you apply what you learn. Trying it out on your own is not enough either, it is not efficient and time consuming.

Books are mentors, books have been hundreds of thousands of people in history. An autobiography often the best form of book mentoring because it shows how they rose to their success.

It's always better to ask yourself questions and figure out the answer yourself rather than asking a mentor. You can ask someone their opinion once you are ready to get a different viewpoint. Try to figure it out on your own before asking others. Discussion comes after you do this. Discussion is questioning and debating with others which is powerful.

Don't perfectly mimic people who have what you want and been where you are. Use discernment, what worked for them may not work for you. Go with what resonates with you and feels right you are an experimenter, not a copier. Remember you are coping where there are not where they does now, which is different to what they did when they started. Biographies can also help with this.

We must become curious. People will say the curiosity killed the cat, but I believe this is a mostly toxic saying. Curiosity is the desire and love of truth seeking. We must have this in our character if we want to understand the truth. Curiosity is what kills ignorance. Ignorance is the refusal to acknowledge the truth around you and the refusal to seek truth. Very few have the excuse of being naive because we have access to thousands of libraries of knowledge on the internet, all for a low price, and often free at a library. The problem is that people don't want to seek the truth and they spend their time doing wasteful activities such as watching mindless TV entertainment, sports, gaming, etc instead of doing activities that can be used to gain knowledge such a reading, watching documentaries, mediation, being in nature, and experiencing the greatest life has to offer.

Being an open minded experimenter fosters curiosity and is the next section.

### **Open Minded Experimentation**

Be open minded. Do not be stubborn, when your mind is closed, you reject ideas even if they are excellent transformational ideas. Become tolerant and receptive to new ideas. When someone tells you of an idea, entertain the idea in your mind, no matter how bad or crazy it sounds. Once you have entertained the idea, accept it or reject it. Accept it if it empowers you, reject if it doesn't. Realize that there is no good or bad information because it helps you practice discernment. "Negative" information truly isn't negative if it's true, you only make it negative in your mind.

Be an experimental person. Apply what you learn and find out what does and doesn't work. Make sure you entertain the ideas and accept them before acting, experimenting with ideas that feel bad and doesn't serve your dreams leads to a waste of time and can even cause disaster.

Work persistently on goals and dreams and experiment with new methods of achieving often.

The certain way is the way you know of right now, but know that there's always a better way of doing something. Seek the better ways and you will find them.

The next section provides explanation for why things are the way they are in the world.

### How our Reality is made

Mentalism is the idea that thoughts lead to the creation of things and events. Thoughts create our state of existence and the quality of our experience on Earth. Therefore, we should be responsible for everything we create by being responsible for what we think. What we think creates what reality. Thoughts affect matter by creating actions and events, which leads our reality. Without thought, there would be nothing. It is fundamentally important to think correctly. you can get your thinking correct by thinking about helping others and yourself. Review chapters in this book and go look at the recommended sources of information at the end of the book.

Our reality is built through the trivium process. The process flows in this order:

1. Input (Grammar, Knowledge). In this stage, we gather information from a wide variety of sources without immediately accepting or rejecting it. We also do not want to judge it in any way. This answers the 4 W's (Who, What, When, and Where)

→

2. Processing (Logic, Understanding). In this stage, we try understand the information and decide whether the information is true or false. This answers why something happen (What is the reason, meaning, or purpose?)

→

3. Output (Rhetoric, Wisdom). In this stage, we use what we have learned and put the information and the understanding of it into action or speech. This is how knowledge and understanding are spread in our world so that positive change in our world may occur.

## TRIVIUM

|   |                                             |                                                                                                        |                                                                                                               |
|---|---------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 1 | <b>Input</b><br>(Grammar, Knowledge)        | Gathering data from an eclectic array of sources <i>without</i> pre-judging it                         | Answers <i>Who?</i> , <i>What?</i> , <i>When?</i> , & <i>Where?</i><br>(raw data)                             |
| 2 | <b>Processing</b><br>(Logic, Understanding) | Comprised of 3 basic sub-steps: Filtration, Correlation, & Analysis (Quadrivium largely utilized here) | Enables us to learn <i>Why?</i> (What is the reason, meaning, or purpose?)                                    |
| 3 | <b>Output</b><br>(Rhetoric, Wisdom)         | Speech and action based upon the knowledge that one has gathered and understands                       | This is <i>How</i> Knowledge and Understanding are propagated so that real and positive change can be created |

It is expanded in the quadrivium:

1. Available Information also known as Knowledge (or the lack of it). This is the foundation of the building blocks of our reality, if you have good information, you will be able to create good decisions, but if you lack it, you will make poor decisions, if you make poor decisions, you do poor actions, and poor actions lead to chaos. This is any information that can be gathered, processed, understood, and acted upon by people.
2. Decision-Making Process also known as Understanding (or the lack of it). Based on the information we receive and how we understand it, we make decisions based upon the information. This decision leads us to make certain actions over others in the next process.
3. Human Behavior also known as Wisdom (or the lack of it). The way people behave is based on their decisions and their decisions are based on the quality of available information.
4. Generated Results (Order or Chaos). The quality of the condition that results in any society is based upon the quality of decisions made by people within that society.



The scientific method is essentially the modern trivium. It is useful for finding out what causes the effects. Using the scientific method is one of the best ways of finding out why a pattern or

event is occurring. It is quite similar to the troubleshooting process. Let's say you are having a problem with a computer.

Question stage- You ask, "Why is my computer slow? What is causing my computer to be slow and what should I do to make it faster?"

Hypothesis- "Maybe my computer is slow because I have a new USB in my computer?"

Experiment- You remove the USB.

Analyze Results- You then look at your computer and ask, "Why isn't my computer running faster, I need to try to find the real reason my computer is slow, my hypothesis is obviously false" and you conclude, my computer is running slowly, I need to make another hypothesis.

New hypothesis "Maybe my computer is running slow because I am downloading a large program,

New experiment- "I will stop downloading that large program",

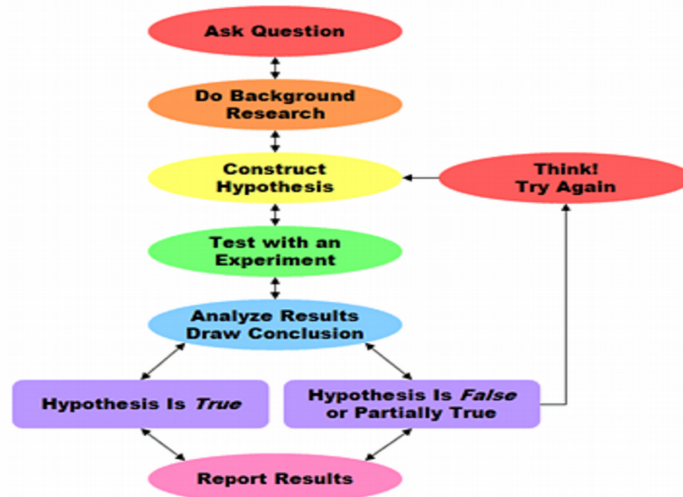
Analyze new results- computer starts running faster.

Report Final Results- You conclude that the hypothesis of stop downloading a program was correct. You say "By stopping the download of a program, I was able to make my computer faster."

This saves you time in the future, since you know from now on that a possible solution to making your computer faster is to stop downloading programs, you won't need to keep removing the usb.

However, different questions require different hypotheses and experiments if you want to find an answer. If you have the problem of needing more USB ports, if you remove the usb for your computer, then in that case that would be the correct solution.

# Scientific Method



## How to Find the Truth

You must understand the difference between truth and perception. Truth is not able to be decided by people one plus one equals two is always true, not because someone said it because it's based in reality. Truth is what happened in the past and what is going on now. It is set in stone. Perception is how we sense things with our senses. One of our senses is sight which many have issues with. Some people who need glasses to see or they will have a hard time seeing things the way they do so they have to wear them in order to correctly perceive the world. Perception isn't reality. The world is not blurry. But that is the way this person's eyes incorrectly see it. Me and others job is to put the glasses on for ourselves and others to see the world for what it really is. We must align our perceptions with the truth.

When two people look at the same thing and then claimed to have seen different things, it is because of internal filters. These filters are based on our past experiences, beliefs, our understanding, rationalizations, and our justifications. These internal filters take what we observe and twist it into our understanding and perception. Some filters change things to our detriment and this is because we are perceiving things which incorrectly. Internal filters shape our understanding of reality, our view point, and our perspective.



The unexamined life is not worth living. -Socrates

Think for yourself, this is called critical thinking. Logic is necessary to understand for critical thinking. A logical fallacy is a failure in logic and there are many different kinds. The Master's List of logical fallacies is a great list of logical fallacies to study: <http://utminers.utep.edu/omwilliamson/engl1311/fallacies.htm>. I will go over the several fallacies and a classical historical example to show some fallacies. I will mark in the example of the effect with a parenthesis and a letter corresponding with the effect.

Bandwagon effect (B)- This is the idea because many people are thinking or doing something, it is good or right.

Appeasement effect (A)- This is the idea you have to give others what they want because they are threatening you and you're have to do what they say.

Default Bias (D)- Accept the way things are, you can't change them anyways. They are they way things are because they are right

Blind Loyalty (BL)- I was just following orders, I'm not responsible.

Here is the example:

Many of the worst events in history happened because of those who could not think for themselves and decided to go with the group. They weren't listening to themselves. By doing so they did harm to others and their own individual selves. An excellent example is Nazi

Germany. The reason Nazis and others murdered, enslave, tortured innocent people was because they were tricked into doing it. Nazis did this for several reasons, depending on the person in question. Some did it because they thought they were right because the majority were following along (B). Others felt they had to because other Nazis threatened them with violence if they didn't work with them (A). Young or forgetful Nazis did so because they were lied to and the lie became so dominant that most just said "That's the way things are, you can't change them" often times they were too young or forgetful that Germany was not always fascist (D). Then the Nazis lost and most were punished for their crimes, one of the defenses used was that they were following orders, so they can't be blamed, the only person whose fault it is the ones who told them to do it, this was a famous defense in the Nuremberg Trials (BL). The ones who got away, well, God sorted them out later. Most nazis lived miserable lives, they felt disempowered because they felt guilty for what they did to innocents. One of the reason they were tricked into doing these crimes is that they lacked critical thinking skills and an understanding of logical fallacies.

It is necessary to understand logical fallacies if you want to develop critical thinking and discernment. I understand what I say here might contradict what I said about going with your gut, I want to emphasize that you always question everything! The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift. -Albert Einstien. We wouldn't have a reasoning mind if we had no use for it. The point I am trying to do is help those in Western Society understand this lost knowledge of using your intuition and emotions to guide you in life. Your rationality, intuition, and emotions are all important, they are to be used conjunction. There are not opposition forces. All are used in discernment.

Critical thinking can help you understand how to not be manipulated by people, be scammed, or be led down directions that are not positive for you in any ways. If you understand logical fallacies, it's difficult to be tricked. You don't want to lack critical thinking skills.

To be a critical thinker and think for yourself, you also would need to be able to resist negative social pressure. Not all social pressure is bad because people can be pressured to do great things like say someone was raised in a church group and then they became a leader of a charity and donated million dollars to people and aid.

We live in a post truth world. The post truthers see facts as they want to see them. They find only facts that support their view instead of seeing all the facts to get a better understanding, which can cause cognitive bias. Cognitive bias is only looking at information that confirms what you believe to be true, while denying any other information that contradicts your biases. People are using emotions to try to rationalize, which is not what emotions is suppose to be used for. You can't use entirely your emotions to judge whether and statement is true or not. You can only use emotions and intuition to judge if you have cleared out a good number of

your programs, but most are burdened with false thought patterns which they allow to effect their emotions. Never let negative thoughts control your emotions!

Let's take a psychopath, they are an individual who enjoys doing violence and lying to others. They feel good. The reason they feel good is because of negative programs that were put into them that causes them to feel that way. A psychopath doesn't control their emotions, their emotions control them because they let them. Well that's, it's not right and is NOT good. Following what feels good is only good if you have cleared out most of your negative programs, otherwise your thoughts misdirect your emotions. A psychopath is either drugs or has a massive burden of false programs, their emotional guidance system is broken.

According to Aristotle, you convince someone using three ways. Ethos is the first, which is the appeal to authority or credibility. Pathos is convincing someone using emotions. Logos is persuading someone using logic. It is helpful to know which way someone is trying to convince you and you can use these to convince others as well. People who present information are aware of these.

You can learn things by two methods. You can learn from personal experience or from others..

Learning from others is helpful. By reading books of the giants of wisdom, you get their understanding of life that they've lived and what they understood in few hours instead of a decades. That's some efficient time usage because you didn't have to go through any the struggle and hardships that they experience in their life. You can rapidly gain a lot of knowledge to help you in any endeavor.

Sometimes it is not a good idea to learn from others. Some people will attempt to deceive you for profit, while others do because they are simply misguided. Make sure you always are asking yourself "Who do I listen to and why do I listen to who I listen to?".

Here is an example. It was believed for decades that smoking was great for you and doctors would even prescribe it to patients! However, if you noticed that every time you smoked you would start coughing, you should conclude that smoking is actually bad for your health and stop smoking. This is despite what the "authorities" of the health industry said at the time, so sometimes you have to find out the truth by personal experience. Don't immediately accept or reject an idea that is presented to you. You should always be open minded but partially skeptical about any claim you hear. We need to balance both methods of learning by personal experience and advice/council.

You can only learn if you go with what feels right and you are not letting your negatively programmed thoughts enslave your emotions. You practice critical thinking skills and discernment regardless of whether your thoughts enslave you or not.

Sometimes personal life experience can be an inefficient way of learning. The problem with learning from personal life experience is when you do things on your own without considering what others are saying. By doing this, you might fool yourself unless you are a master of self-awareness. You might have to go through unnecessary hardship which wouldn't happen if you listened to others. You should always be open to receiving advice, though that doesn't mean you should follow through on that advice, some "advice" is actually detrimental. You listen to others, but never take orders from them.

Example: When you were a child, you could either touch the hot stove or you can trust your parents when they say "the stove is hot, do not touch it, it will hurt". If you didn't listen to your parents knowledge, you unnecessarily harmed yourself. If you didn't, you understood that there is no real benefit in touching the stove. You know that your parents are experienced in using stoves and you are not, so you should trust them. You've seen the stove cook things and think maybe if it cooks things, then it might cook my hand.

Learning from personal experience is also helpful. It can help you understand something to a greater extent than if you just were learning it through a book. Reading a book on how to repair a car is almost mandatory if you were not taught how to do so. If you just go randomly tools in your garage and starting whacking things around, you probably would be wasting your time and energy and might even create a disaster by doing so. However, if all you did was read books on how to make a car, that would be a mistake. You must get your hands dirty to truly know how to repair a car. Personal experience can also be useful because sometimes you can't trust the so called "experts", as I demonstrated in the smoking example.

You only learn from your personal experiences if you have self awareness and are paying attention to what works and what doesn't work. You do this by applying the trivium, quadrivium, and/or the scientific method.

We can discover the truth or believe. We should discover what is true rather than just believing. You can believe whatever you want but that doesn't necessarily make it true. Belief can't override laws of the universe, such as the law of gravity. Here's an example, a person is on the edge of a cliff. This person does not believe in gravity. Does that mean he will not fall? No. He will still fall unfortunately. Your beliefs regarding truths such as gravity doesn't matter. You don't have to believe in Gravity you can discover it to find out if it's true. It is as simple as jumping in the air finding out you don't fly off into space.

We have all made mistakes in life. We have all done things we regret. We have done things that could be considered naive. Being naive isn't the end of the world, in fact being naive is better than having your mind heavily influenced by negative thoughts and false beliefs. We need to remove those negative thoughts and beliefs and go back to a state of naiveté sometimes. No knowledge is better than being negatively programmed also known as brainwashed. Being naive is not a problem as long as you are obsessively curious. Obsessive curiosity is the desire necessary to seek the truth on a continuous basis.

I will explain some learning mediums in the next sections, which is a different way of learning.

### **Learning Mediums**

Learn through different ways. There are three main ways. Audios, Videos, Books, and live events, and etheric field. Reading, seminars, audio activates different parts of the brain. You must do these is optimal for learning.

The power of Live events is the amplified feelings and emotions of others combined with being in close proximity with others. Go to any church sermon and you should feel this, even if you are irreligious.

I will explain the etheric field since most aren't familiar with it.

### **Etheric Field**

There are several ways to tap into the etheric field. Here are some:

- Righteous Living (explained in final chapter)
- Fasting and eating less
- Eating a raw organic vegan diet,
- Meditation
- Rituals
- Sleep and napping
- Leisure
- Prayer
- Relaxing
- Masterminds
- Mental Masterminds
- Imagination
- Self-awareness

You can be tapped in at all times, and they are certain things you can do to be more tapped into it by, it's a spectrum.

When we pray, we are talking to God. When we have an intuitive thought, God is talking to us.

You have all the knowledge available to you. You have to practice accessing it. You access it by accessing the etheric field by practicing the above ways of tapping into the field.

Next I will be elaborate more on another great medium, reading.

## **Read**

Reading is something many seem struggle with despite it's many advantages.

Books contain information not found in other places and on the internet. They contain the most valuable information in the world and they contain ancient wisdom as well. You can gain information faster from a book than any educational medium, more so than videos and audios. Being at a live seminar is an exception due to the infinite potential power of the mastermind.

Reading in a book everyday gets your thinking right. Even if it's a "bad" book, it strengthens your discernment. Transcripts are excellent as well since it combines audio and text which you focused.

It's better to read 5 minutes a day than two hours a day a week. Even a sentence a day is could be enough. It's not so important how many books you read or how many pages you read, but that you read everyday. Read everyday then increase the amount you read if you wish.

Reading books silently is good for speed and imagination. Speed reading/skimmming is always helpful before you read anybook.

Reading a book out loud activates different parts of the brain and it goes to the back of the brain to remember what you read. By verbalizing it you are plugging yourself to the ether and downloading information. You can correct yourself better and use discernment more effectively.

Reading physical books is better than ebooks for learning, but not by much. It's more of a preference. Reading Ebooks has the advantage of being edible in pdf software and pdfs are often free. Note: Online digital books can be changed if they are on a kindle, if you download the book isn't downloaded. It has happened. I recommend downloading all books you read.

Howard Berg's super reading secrets is a great book on reading, he is the world's fastest reader. I will briefly overview parts of this book. You can get the book here:

When you read a book, read the covers, title page, jacket, intro, and forward before reading. Then speed read the book. You do this by taking your hands and pointing your pointer and middle finger down on the page and moving your fingers over the page. Use the hand you prefer. Move your fingers across the page and skim over the page in 2 seconds per page on every page of the book until you finish the last chapter. Then read the book normally. Practice this daily for 16-30 minutes for 8 weeks, use books you have read before if you can.

When reading, silence the voice in your head unless you are reading outloud. Reading outloud is good for memory, but not on a first reading. When you silence the voice, you can still have the voice, but do not use the voice to read every word, you use the voice to create a schema, which is an understand of sentences into a few words, you are essentially creating an overview of the material.

Read the verbs and nouns of a paragraph, this is how you form a schema. Here is an example of a sentence. You also want to pay attention to negating words such as not, as this can distort the meaning of text if you observe these and integrate them into your schema.

America's war for independence started near Boston which was occupied by General Gage of the British Army.

British Army...America's war... independence started ... Boston... occupied by General Gage... British Army.

Pay attention to topic sentences, which are the main sentence(s) in a paragraph. They are usually at the beginning.

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You can download Howard Berg's free book: <https://my.pcloud.com/publink/show?code=XZjXslkZCCihLOuOr3FCf32OAnBbkb2RcIJk>

Next I will explain some tips to know before you begin learning something new.

### **Some tips**

It's a good idea to listen to baroque classical music while learning or whatever relaxing music you prefer.

Don't forget: never stop learning! We are all teachers and students. You never "get it", instead say "I get it so far and I know there's so much more to learn."

When choosing material to focus on, choose to focus on getting rid of weakness in your personal life. When focusing on your job, career, craft, trade, or industry, focus on improving your strengths. Always focus on your weakness first if you have not.

The next few sections will explain ways you can learn information at a deep level.

### **Speak and write**

When you say something vs thinking it, it is 100x times more powerful and you remember it more. The voice is mostly heard from within when you speak out loud.. When it is recorded

you only hear it externally. Volume is important too, when you yell it amplifies the emotional intensity and the memorization.

Writing and speaking at the same time helps with memory. If you write, it's best to write on a blank white piece of paper so that way you have a clear page, so you focus better. A blue ink pen is the best color, but any writing utensil will do.

Writing stimulates the brain FAR more than typing. Typing is simply pressing on a key, writing is making symbols. Writing is more complex than typing and activates more of the brain. Never type something if you want to remember, unless you have already wrote it down.

When listening to live speakers, listen to them and record on audio. Don't take notes, you will likely be too focused on your notes rather than what they are saying, when you taking notes you miss some of what they said. When you leave the event, listen to recordings and then take notes. Review them and rewrite them the next day.

### **Teaching**

To learn, teach others. You need to know info good enough to teach it. You can't teach if you don't have personal experience. Apply what you know before teaching. Don't teach others something you don't know at a deep level. You risk teaching other people false info!

You can always teach yourself. You do this by creating a test for yourself and answering the questions as fast as you can. Make sure its a written test that has only fill in the blank questions. You know someone knows material if they can answer questions well. You can create your own test.

You take teach yourself with your imagination as well. Imagine teaching info to imaginary students who like to ask questions. If you don't know the answer, image you a student asks the question and you'll get the answer.

Don't say I don't know and ask others, ask yourself and think deeply. This improves deep thinking skills. Go to others for advice, not answers. All answers are within you. You integrate the data by asking yourself questions.

### **Spaced Repetition**

Spaced repetition learning is learning in intervals and repeating information. Advertisers use space repetition with commercial breaks. You can use this too. In the breaks, when you aren't consciously thinking about what you are learning, the subconscious is thinking of it.

This is where you learn a little each day instead of cramming. This is studying while taking breaks. This breaks give you conscious mind a break and allows your subconscious mind to integrate the material more, which helps with recall as well.

### **Review old material**

Whenever you read a book or listen again at a later date, you are reading in a new unit of time. Each time you read a powerfully transformation book, listen to a recording of a seminar or lecture, or watch a video you will receive knowledge you didn't hear the first time. Our minds often become distracted when we are learning material. We sometimes hear, but we are not actually listening. Birds are often chirping in the background in life, we hear them, but we do not listen to them. Learning is always done with focus and relaxation.

### **Elaborate**

Articulate concepts you have learned. You must be able to understand something you learn then elaborate what you heard. In other words you expand on what you know using what you know, it's not just repetition. Explain what you know as well.

"You reap what you sow"

Here is me elaborating on the previous phrase. Reaping what you sow is more than just for agriculture, it's for life. You must sow the seeds before you want to reap the rewards. Give to get.

Rephrasing can help with memory. Say things in your own words to integrate information better.

Only accept information that helps you move towards your enlightenment and love. You can adjust any negative suggestions by others. If they say "That's impossible." respond NO "Anything is possible" in your mind.

### **Discernment**

Use discernment whenever you learn new information. When you think of the information, does it make sense? It is the ability to teach yourself and create your own knowledge. Take an active role in learning info or you will never learn it.

Time of reading books is more important than pages or speed.

Listen/read everything and use discernment. There are no completely bad information sources and there is good in all of them, because even the bad sources allow you to practice discernment.

Challenge what you read and listen to, ask yourself questions, formulate conclusions and answer it.

When you are listening to someone your eyes deceive you by how they look or sound. The setting you are in, can deceive as well. A well groomed man in a suit with an English accent on a fancy stage is perceived as smart to many Americans, even if they speak nonsense.

### **Feel and resonate**

Generally your feeling will tell you if you need to look into information. Does it resonate with you? When something resonates with you, you feel a feeling of assurance in your gut and

heart area of your body. “This feels right at the core of my being” You might get insights feelings too which are felt in your upper forehead or slightly above your head “Woah, this teacher is on to something!” If so means that information will get you closer to your life purpose. Listen to your inner voice or what some call your consciousness.

### **Apply the knowledge**

You need to know what you are doing, before doing something. Imagine a tall skyscraper in front of you in a large city with other skyscrapers. From the ground level, you can't see anything but the skyscraper in front of you. If you climb to the second floor, you can see more. Each floor you climb you see more. If you climb to the top, you will see from a heightened perspective. You can see what others can't. From this heightened perspective you can see the skyline and other rooftops, birds, etc that people at the ground can't see. This is an analogy for knowledge and opportunity. If you can't see where you are, how do you know where to go?

Don't act until you know, your actions will be wasted if you do not act on knowledge. Apply what you learn as you learn it. Most people work hard all their lives and get nowhere because they do not raise their awareness. Raise your awareness till you get to the heightened perspective..

Life is little different than a tall skyscraper, knowledge is an infinitely tall skyscraper, because you will never know everything. When you are obsessed with learning, you can stop. Remember the best way to learn is by acting and you act on information as soon as you know it to be true after you entertain the knowledge in your head. You do not need to be a professional student.

Knowledge is only potential power. Knowledge is only power when applied. You can't use knowledge for power if you don't have it in your mental fingertips. Your need to know if like you know your name, you do this by memorizing the material.

You learn the best from personal experience, not from studying material. Personal experience is only gotten from applying the information and analyzing the results of applying the info. You also don't know something if you don't apply it, you also don't know if it is true or not. Knowing a lot and gathering information without doing can cause frustration.

“To know and not to do is to not know at all.” -Chinese Proverb

You don't know it all, but you know enough enough to get started. It's like learning how to ride a bike, you'll have to stumble to learn. Until you take off the training wheels you'll never learn. The stumbles aren't bad at all, they are there to teach you.

You never really learn anything unless you know something unless you can recall something immediately, the next chapter is on memory.

# Memory

### **What is memory?**

Now that you know how to learn, I'll show you ways to train your memory. Memory is the ability to recall information you have learned. You never forget anything, you just don't have the skill of memory to recall information as you need it. You haven't learned something unless you can recall it. Many people waste their time reading all the books of the world, but because of their poorly-trained memory, they remember nothing! It's not so much what you learn, but what you remember that makes you wise.

Much of what you learn you can't currently recall unless you have mastered memory. When you improve your memory, a lot of this info goes online and your life dramatically improves as you begin to recall the helpful information you learned and you can use that helpful information by applying it in your life. It can even happen unconsciously, without you thinking about it when you become a master at memory.

Using these techniques can help you develop your memory, imagination, and it's fun! Remembering in your head is faster than writing or typing it on your computer or phone. If you practice these methods consistently you will develop an excellent memory, and you will become unconsciously competent. This means you no longer have to use these methods anymore and you will be able to recall any memory.

### **Preparation**

When you do memory exercise it is best to do them once a day everyday at a scheduled time. You should do this before you eat, digestion causes blood to flow away from your brain. Make sure you are relaxed. Taking showers, mediating, thinking pleasant thoughts, listening to relaxing music, doing alternative nose breathing, and prayer are some excellent ways to relax.

The memory training program is what you make of it. These are all suggestions and guidelines, use what works for you, you can modify it as you need to if it helps your memory more.

## **Pegging, Chaining, and Tree List**

The best way to remember is not with word associations, but with visualizations and emotions. You want to make sure that you are personally in this image in your mind as well as doing an action. Get emotionally involved as well. Make it absurd and something that theoretically couldn't happen. Imagination combined with emotion, brain remembers abstract other-worldly events. The more detailed the picture the better. The more intense the emotion the better.

Here is a list to help you "peg" what you need to remember. Pegging is taking something you want to remember and associating it with a picture in your mind.

This "tree" list is useful if you want to remember a number or letter

0. Doughnut- the hole in a doughnut looks like a 0
1. Tree -A tree stump looks like a 1
2. Light Switch- on/off
3. Stool- 3 legs
4. Car- 4 wheels
5. Gloves-5 fingers
6. Revolver- they have 6 bullets in a chamber
7. Dice- Lucky number 7
8. Skate- Rhythms with 8, figure 8
9. Cat- have nine lives

Peg another object to these numbers such as a donough and bread (mabye you need to get bread at the store). You imagine your are taking some bread and a doughnut and putting in into a rainbow colored mixer and you drink it and spit it out. Do this for each number and repeat this excersize every day until you get to 9. Think an daily activity you need to do and peg it.

When you have a double digit number or more, you can use multiple. If the number is 20, imagine you are turning off a massive light switch by jumping on it. You then imagine you are diving into mountain of donuts and you eat a doughnut. Think of the light switch story first so you get the order right.

If the number is larger, such as 2200, you can imagine jumping on two light switches. You can imagine eating 2 donuts on the mountain.

Chaining can amplified pegging. Chaining is taking this pictures and creating a linear story. It must go in order. Here is an example for remember 20 (light switch, doughnut)

Imagine you are in a crane and there is light switch and you place a doughnut from a mountain of donuts on the light switch, you jump from the crane and eat the doughnut.

You can use this to remember letters as well. Lets say you need to remember a combinations of letters such as AGQ. Ok, so first you have a tree, for A since it is the first letter. You could be balancing a tree on top of your head. Then for G you can imagine a dice because g is the seventh letter. You are throwing giant dices down a mountain then sliding down on them. For Q, it's going to 17<sup>th</sup> letter. You combine a tree and a dice, maybe a tree that has dice for fruits? You imagine that you are starving in the middle of desert, you are coming across an oasis with the dice tree, you jump up and bite into the dice, it breaks your teeth but you are strangely no longer hungry.

### **Mind Palace**

You can create your own lists, this is often better because you made it, not me. This personalizes the list. I will start with the mind palace.

The mind palace is created by imagining objects in your house. Choose objects you don't move a lot and are currently in one place and have been there for a while. Larger objects are better than smaller objects. Make sure the list of objects you list of are clockwise or counterclockwise if you were standing in the middle of the room. A good room to choose is the room that you are in the mostt. 0 is the floor. Imagine you are walking into the room you choose and your are standing in the middle, what is in front of you? If you are going clockwise, what is in the 1 o' clock position? 2 o' clock? List those items until you find 9 objects.

Here is a clockwise mind palace in my bedroom.

0. Floor
1. Monitor
2. Computer
3. Mirror
4. Air purifier
5. Right window
6. Bed
7. Closet
8. Door to hallway
9. Printer

See each peg in your mind and say them out loud in order. Go through these until you remember. Once you remember, do not say it out loud or in your mind, just go through the objects.

### **Body List**

The body list is this. You can imagine you are touching these parts or actually touch them. Go through in this order. This is great for visual and Kinesthetic learners.

0. Floor
1. Toes
2. Knee
3. Thighs
4. Rear
5. Love Handles (side of stomach)
6. Shoulder
7. Collar
8. Face
9. Point (top of head)

To remember each one, associate a story with each. For example: You can imagine the floor is being flooded and touch the floor and say “zero, floor”. Do the same for the other parts. Repeat this process until you remember the list.

### **Memorize words**

You can learn words by breaking down the syllables of word and then chaining them. Say the syllables out loud and close your eyes and create a picture for each, if not skip the next syllable or combine them.

For the word walnut (wal-nut), you can imagine riding on top a nut and crashing into wall .

For a word such as category, it break down into cat-e-gory, but e alone isn't good for a syllable. You can also combine syllables or skip syllables. You can imagine a cat and gore and create a story. I'll spare you an example.

For one syllable words, think of something symbolic of it. This can also work for abstract ideas such as freedom. For example faith could be a dove.

### **Memorizing Phrases**

Break the phrase into chunks. Repeat out loud the passage, close eyes after each chunk and create the peg and picture for each chunk, or chain. Repeat out loud while picturing these in your mind.

"The moon could not go on shining if it paid attention to the little dogs that bark at it."

I broke this down into

1. Moon not shining (the moon could not go on shining)
2. Paid attention (if it paid attention to the)
3. Barking dogs (little dogs that bark at it)

By pegging, I choose the tree list.

1 is tree, so I imagine that I take a huge tree and cover the moon up so that it is completely dark.

2 is light switch, so I imagine that I see a vault of money and as I turn the light switch, money flows out that is in the shape and design of a bullseye. I am using bulleeyes to represent the concept of attention.

3 is stool, so I imagine that I see that I am teaching barking dogs to behave by teaching them to sit on stools.

By chaining I did this. I prefer chaining over pegging, it stimulate imagination and creative ability more from my experience and is more fun. Here is my chain for the sentence.

I walk on the moon and a giant dark cloud and a planetary tax collector comes from the sky and demands payment. The moon refuses to pay the tax collector her bullseyes. In return, the tax collector unleashes a horde of barking dogs on the moon which steals all the moon bullseyes from her stash.

### **Easy Recall**

Here is a simple way to recall. Look up and left to right with you head tilted slightly upwards. Don't move your head, just your eyes. When doing this say aloud "I recall the memory I am looking for."

Even better, do this, this is call easy recall. magine yourself being a curious explorer in a desert, then you stumble upon a treasure, you get excited, you open it up, and there is what you are looking.

There are five stages to recall and processing information, I created the easy recall system to go through each one,

1. Thinking- you are thinking of what you want to remember.
2. Emote- You get your emotions involved
3. Look/search stage- Your mind looks for what you are searching for.
4. Create- You create a picture in your mind via imagination.
5. Knowledge bank- You remember what you learn, you can recall it whenever you need to, unconsciously. You get to this stage by practicing the first 4.

Sometimes this method can take time. If you get frustrated, stop, the method only works if you are relaxed. By doing this you still made the recall happen, it will be recalled to your usually within a few minutes. Have a paper and pen ready or use one of the techniques above to memorize your recall.

Next I will explain the concept of mental fingertips, which explains why memory is so important.

### **Mental Fingertips**

Something at your mental fingertips if you can recall it instantly.

Once you know something you can never forget it, you might not recall it, but you don't forget.

You only know information truly if you know it like you know your name. It isn't enough to get all the answers right. When processing data, the mind goes through several steps starting with the think stage, emote, look, search, create, then know stage.

When information is at your mental fingertips, you have a tendency to think about it more. Remember information that serves you and is worthwhile. If you read a "bad" book, discernment is gained, but you do not need to read it again! The books that have served you going towards your dream are the ones you should reread more than others. This is also true for the other learning mediums as well (audios and live events)

When you need to come up with something your brain is going to give you a solution based on a review of the data you know. If statistics, information, and numbers are in a computer or paper, but not your mental fingertips, when your brain tries to come up with a solution to a challenge, it can't come up with a good solution because it has nothing to review.

When you have more data in your brain's mental fingertips, it allows you to process decisions and come to conclusions more effectively and efficiently.

You remember by using:

1. Repetition
2. Your Emotions

### 3. Your Imagination

An excellent book to read on memory is Mega Memory by Kevin Trudau. It is an excellent book not only on memory, but also expanding the imagination. It's a fun book to read.

# Meditations and Rituals

## Introduction

This chapter skips all the explanations for meditations that were previously explained while adding some new ones. I recommend practicing these meditations as needed. They can help improve aspects of your life.

## What is meditation?

Meditation means getting the brain in a state of balance. Those who should do certain meditations depends on each person. I would go with what feels right.

A brain hemisphere is one side of the brain, we have two sides which are split up, but connected. They do not work independently, but in unison. In a healthy brain, they work together to achieve optimal brain health. If one side is dominant, such as the left, then it will make the left perform worse! They support each other and are dependent on each other. They are partners that work better together. Almost everyone switches between being left or right brain dominance at times, that is actually a good thing, sometimes you need to use one over the other. A healthy brain is balanced most of the time. An unhealthy brain is a brain that is chronically dominate in one hemisphere. A person who is chronically left brain would likely be an atheist scientist. A person who is chronically right brain person might be a dogmatic priest. Most in Western society are left brained.

Most people are confined by their thoughts. Silencing the mind via mediation. In this state you can begin to tell yourself the positive messages you wish to say.

Here are some hallmarks of a chronically imbalanced person, for each side has false beliefs associated with each brain hemisphere.



Here are some left brain traits, take note of which traits you generally possess at most times in your life as of recent:

- Self-centered
- Analytical

- Logical
- Mathematical
- Sequential
- Language (Verbal and Written)
- Reasoning
- Practical
- Strategic
- Orderly
- Discerning
- 5 sense oriented
- Active
- Grounded

Here are some right brain traits, take note of which traits you generally possess at most times in your life as of recent:

- Artistic
- Holistic (Big Picture Thinking)
- Emotional
- Creative
- Imaginative
- Intuitive
- Visual
- Spontaneous
- Spiritual (Beyond 5 senses)
- Others-focused
- Passive
- Suggestive

Check each trait you have, if you have more checked traits on one side, you are more dominant in that hemisphere. Remember this changes through the day, before doing a meditation, ask yourself if it is right for you, you could even check this list again and give yourself another evaluation.

Some meditations are good for a balanced mind, which will be marked with B. If a meditation brings you closer to the left brain, it will be marked with an L. If a meditation brings you closer to the right brain, it will be marked with an R.

### **Concentration (L)**

Concentration meditation is where you focus on one thing for a certain period of time. This is great for increasing focus in life, which is most need because the average person has the attention span less than a goldfish (8 seconds). You can focus on your breathe, a noise, an object such as a candle light, a dot on the wall, a smell, a feeling, a taste, essentially the five senses. You can also close your eyes and repeat a prayer, mantra, verse, or poem.

Here is a good one I like to say:

Through prayer or pleasure,

In company or alone,

He who puts his mind on God

He enjoys, he enjoys, only he enjoys.

### **Contemplation (B)**

This is my favorite form of mediation. It can be done anywhere and is a powerful way to increase your imagination while simultaneously increasing your discernment skills. You will be opening your mind, you will begin to see more opportunities in your life which you can potentially exploit if you use your willpower. You will be more open to ideas that may be controversial, but beneficial for your enlightenment and empowerment. You simply ask yourself questions and imagine different possibilities or outcomes. This helps you solve problems and make decisions as well.

### **Mindfulness (R)**

This is good for self awareness. You close your mind and let your thoughts pass by with no judgment or resistance. Just observe them.

### **Daydreaming (R)**

This is a fun one and stimulates the imagination. In this one, you create a world of your own. Make it like a fictional story or a fully immersive virtual reality simulation. Get as many of your senses involved. You can get emotionally involved if you like.

### **Environmental Awareness (L)**

Environment awareness is being aware of the present moment and your surrounding. This means that you end the “chatter” of your mind or your train of thought. Concentrate thoughts on your environment. Did you hear that? What's the smell? What is the color of the clothes you are wearing? What does the clothes you are wearing feel like? I like to look around my surrounding, especially in nature. Looking at nature is a great mood booster, it stimulates parts of our mind related to foraging, when ancestors were looking for fruits and vegetables. Our mind essentially says “Keep looking for those fruits and vegetables, here is a reward in the form of mood boosting to help you continue!”. Looking far away increases benefits, according to Kevin Trudeau. You don't have to look at nature, you can do it anywhere. I recommend this mediation be done in your bedroom at least once a day, you might be surprised to find things you have lost. You may even find disorganized piles of junk and filth to clean. This is a good way to practice Feng Shui. Doing this is an easy cure for reverse thinking.

### **Tai Chi and Qi Gong (B)**

Tai Chi and qi gong are quite similar. They both deal with energy, called “qi” or “chi”.

Qi gong is an exercise that involves moving your body in slow movements. The focus is on breathing, visualization, messaging, and slow movements. This is a powerful combination that can heal yourself of many issues and fortify your strengths. You can practice qi gong quite

easily and it can be done regardless of health conditions or age! It is very easy! I recommend yoqi qigong exercises on youtube.

Tai chi is an exercise similar to qi gong, but it is also a martial arts. Qi gong is almost always done before going into tai chi practice, you need to get the negative energy out and good energy flowing in before you move into tai chi. Tai chi focus more on large, slow, and more subtle movements. Tai chi is a form of martial arts, but is slowed down to teach others how to do it. Tai Chi has more physical benefits than mental benefits, unlike Qi gong.

When I do, Tai Chi, I imagine fighting fierce warrior, but I am relaxed and having fun in the fight, because you know you will win. If you are feeling more relaxed, imagine moving gracefully in the clouds like an angel, this is also good for qigong as well. Get emotionally involved!

## **Rituals**

Rituals are exercise that can be done to improve your distinctly human capabilities such as your imagination, faith, self esteem, self awareness, specific, issues, etc. They are less focused on balancing brain hemispheres.

## **Thought field Therapy**

Thought field therapy, also known as the Callahan Technique is good for clearing out negative thoughts. It is used in several of the other rituals, so I listed it first.

The gamut spot is an area that is between your index finger and pinky finger. It is an area below the gap of your index finger and pink knuckles. When doing TFT you tap these with your fingers on the opposite hand, but not the thumb.

To begin, you start with collarbone breathing. The collarbone point can be found by putting your finger under your nose and following down until you reach a v-shaped groove past the neck, then move your finger over 2 inches to the left or right, depending on which side you are working with. When you press it should feel like a tender spot.

These are five breathing positions in this exercise, when you hold it, hold it for 6 seconds at most or whatever makes you feel relaxed.

1. Take a deep breath in fully and hold it.
2. Let half of that breath out and hold it.
3. Let it all out and hold it.
4. Take a half breath in and hold it.
5. Breathe normally.

These are the tapping positions:

1. Take two fingertips and touch one of the collarbone points and tap the gamut spot on the back of that

hand while going through the 5 breathing positions.  
Tap rapidly for each breathing position.

2. Move the same two fingertips to the other collarbone point and repeat above.

3. Now, bend the same two fingers in half and touch the knuckles to the collarbone point while tapping and going through the five breathing positions. Tuck the thumb in. Make sure that the elbows are in the air when you are touching the knuckles to the body so that only the knuckles are touching the body.

4. Move knuckles to the other collarbone point and tap while going through the five breathing positions. Make sure that only the knuckles are touching the body.

5. Now, take fingertips of OTHER hand and repeat steps 1 and 2 above.

6. Now, take knuckles of that hand and repeat steps 3 and 4 above, making sure that only the knuckles are touching the body.

After that, do the main TFT Method. This is the main TFT method. Tap the following points for 5 seconds. When tapping, think of the thought you want to get rid of and feel it getting better. Replace those thoughts with thoughts you feel good about. You can do this by saying affirmations aloud of the positive thoughts you want to replace.

- Tap under eye
- Tap under arm
- Tap collarbone spot

Tap the gamut spot while doing these next 9 instructions:

- Close the eyes
- Open the eyes
- Move the eyes down and to one side
- Move the eyes down and to other side
- Roll the eyes in a circle in one direction
- Roll the eyes in a circle in the opposite direction
- Hum a tune out loud with mouth closed for 5 seconds
- Count aloud from one to five
- Hum a tune again aloud, with mouth closed

Stop tapping the gamut and repeat the first 3 taps:

- Tap under eye

- Tap under arm
- Tap collarbone spot

Rate your feeling for 1-10. 10 means you are feeling absolutely awful. 0 means you are feeling perfectly calm. If you are not at a 1-2, repeat the tapping points above (not the collarbone). Then when you feel a 1-2, move on to the next method.

Then do the Correct Physiological Reversal method. You do this by tapping the side of the hand, on the side where you would do a karate chop until you feel no negativity.

Then do the rapid relaxation technique. While doing this you want to tap the gamut spot. Make your head level, look as far down as you can. Move your eyes straight up, this should be slow and take you about 7 seconds. You should feel calm, once you are think of the thoughts you want to have to replace the negative thoughts you were thinking.

It should be noted that the tapping sequences vary depending on the emotion you are feeling. The previous instructions are for general negative thoughts. Go to <http://tfttapping.com/> for instructions on specific emotion.

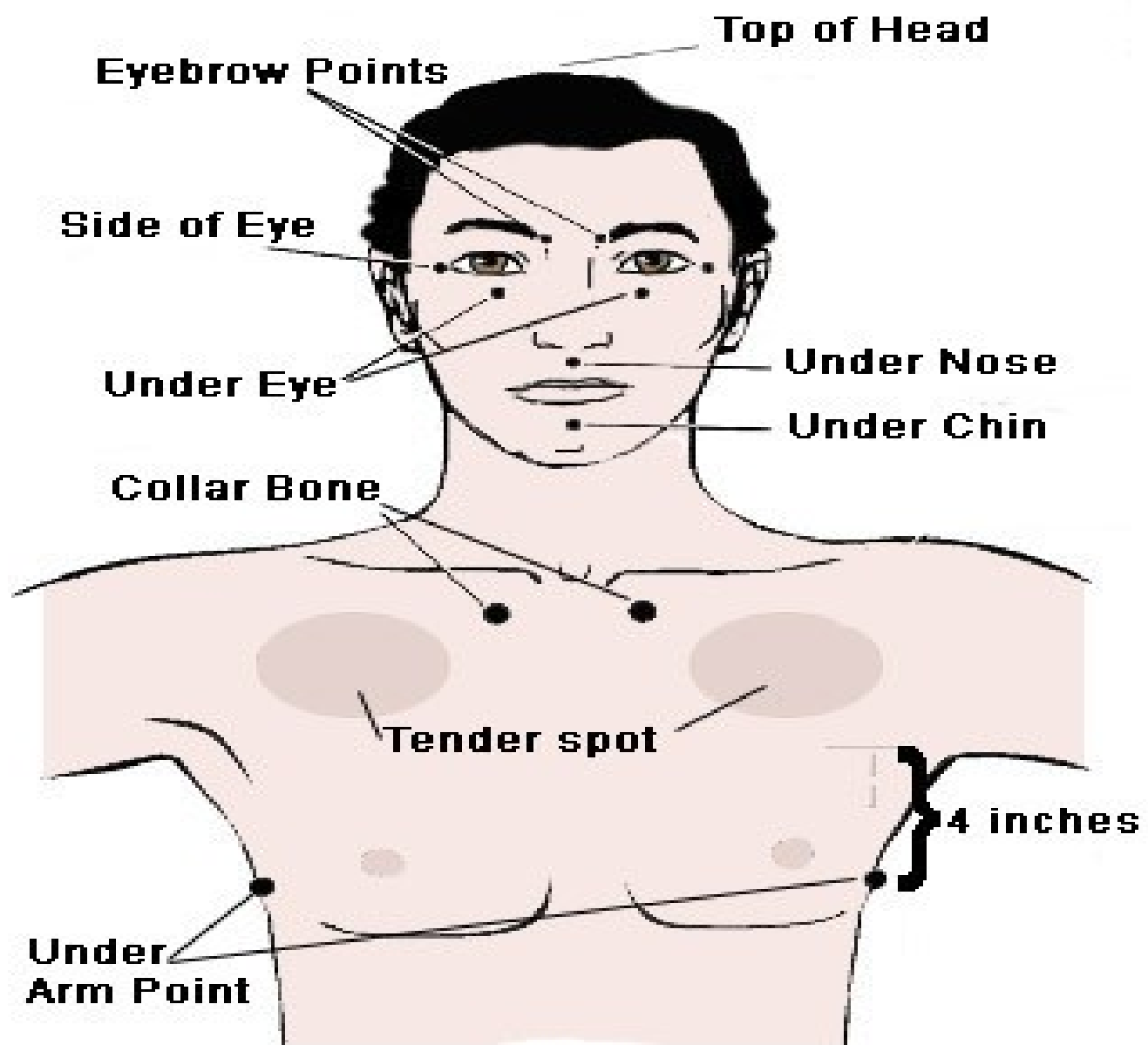
The TapIntoNow.com Youtube channel has great videos for specific emotions.:

<https://www.youtube.com/channel/UC0OINF2NkUzAdSJVijL3WDQ>

Here is the guided video of Collarbone Breathing: <https://www.youtube.com/watch?v=kQx1lRWG4M0&list=PLZPamCdt70LQmgLp0Z29QExkee3EtZwH&index=10>

Here is the main protocol, the reversal method, and rapid relaxation technique for trauma and anxiety <https://www.youtube.com/watch?v=zvBn3WpMltI&list=PLZPamCdt70LQmgLp0Z29QExkee3EtZwH&index=12>

Here is a picture to help you understand the tapping point.



### **Relaxation Technique**

This is good if you are stressed, are feeling overwhelmed, or if you are suffering from insomnia. Doing this before the other rituals and meditations is helpful to get you in a relaxed state. Getting into a relaxed states improves the ability for the rituals and meditation's power to work.

Think about nothing, if you can't, you can image a just a large completely pitch black void and closer your eyes. Get into a comfortable position in a quiet place. When you are relaxed you can repeat prayers, mantras, proverbs, or do self-talk. You can always say "I feel relaxed." Strong lavender aroma therapy smell always gets me into a very relaxed mood no matter what.

Alternatively, do the rapid relaxation technique. While doing this you want to tap the gamut spot. Make your head level, look as far down as you can. Move your eyes straight up, this should be slow and take you about 7 seconds. If this doesn't work, do the all TFT methods.

Manipulating with physical objects is also a stress killer. Play with building blocks, garden, create art, write a poem or story, read a physical book. Gardening is likely the best of these for the purposes of relaxation, the feeling of touching dirt is almost euphoric if you rarely do it. No wonder kids love playing in the dirt.

### **Depth of vision**

This improves your ability to expand your depth of vision and ability to future-think.

Watch sci-fi movies, play sci-fi games, and read sci books. Sci-fi books are the best because you must exercise your imagination more. Realize all the technology that exists in sci-fi is possible with what we have now, if not, we can use our minds to create it. Imagine how our current world could go to this sci-fi reality, make it a utopian sci fi movie and not a dystopic one.

### **Self-Hypnosis**

Self-Hypnosis is a form of meditation. You can either do this yourself by concentrating on a candle flame, then your mind becomes more suggestible by doing so. It can be either a form of guided or concentration meditation. If you do it as a guided meditation, there are many videos on it. I recommend doing these meditations in the first 20 minutes after you wake up or 20 minutes before going to bed, but you don't need to, being in a relaxed state is enough.

Hypnosis puts you into a hypnagogic state, which is a state when your conscious mind can't reject a thought, so it makes you very vulnerable to influencing, which is great if you want to put certain thoughts into you during your hypnosis session.

### **Magical Checkbook and Abundance**

For this you will need a blue pen, black pen, and a bank register slip. Each day you write how much money you want to be deposited in the bank that you can believe you can get in blue ink. Increase the amount each day to the amount that feels good. There are no limits, the purpose is to give you the feeling of being wealthy, so you become wealthy. When you make the deposit, visualize exactly how you are getting the money, is it direct deposit or cash. Who is giving you the money, is it from a job, book sales, or a client, etc? After you do this be grateful to God for living in abundance. Use the blue pen and write what you will spend the money on. What do you want to buy? How will you buy it, in a store, online, what store, what

website? How will you get to the store? When will you get to the store? Be specific as possible.

Go to as many stores as possible. Look at all the items there and discover all the materials it took to make the items. Imagine the time, energy, and manpower that went into it. Realize that there are millions of these stores across the world, this is nothing short of a miracle. Look at how it's made videos, there are many videos about this subject. Learning how things are made helps you understand the complex process, manpower, and machinery used to make objects, which is more proof we live in a world of abundant world.

### **Self-talk**

This is best done in a mirror or reflective service. I like to do this the first 20 minutes I get up and the first 20 minutes when I fall asleep. Doing this in the car using your front mirrors pointed towards you at traffic stops is also a great opportunity to do some positive self talk.

Using Transformation vocabulary is useful in mantra and affirmations. Words recall certain memories. These memories can trigger emotions and thought patterns. Use words that help you recall memories and words that get you onto a positive thought pattern. This is different for each person, someone may say love and experience a memory that is of a loving relationship with the others, while some may think of heartbreak. The word is not too important, it is the feeling that is.

Words are powerful, what you say reflects what you're thinking. Use powerful and uplifting words. They can help focus your thoughts. The emotions you feel when saying words are more important than the words you use. If you say "I hate you" to a person you love with a feeling of lightheartedness and, you will both laugh. If you say "I hate you" to a person you dislike, you will both probably be angry. Don't lie. Don't say phrases that make you feel bad.

If you start saying an affirmation and it feels good when you should say it more. If you stop feeling good when saying an affirmation, choose other affirmations. Realize it might already be self-repeating in your unconscious mind if you enjoy an affirmation and stop enjoying it. If that is the case, you can pick a new affirmation.

Here is an idea, instead of saying "I feel happy" how about we boost that affirmation. Now how about this "I feel INFINITELY happy". Happy is a limiting word for many, what people think is happiness is based on past experiences. A person's idea of happiness is different than another person's idea of happiness. A person who has lived a meager existence is different than a person who is always joyful. Power words can break this limits. Power words break all illusions that you are not an infinite powerful being who can experience no limits. When you say a power word in a mantra, REALLY put emphasis on it. Power words usually work best if you are already in a good/neutral emotional state and only should be used positively.

Here are some of my power words:

- Infinite (my favorite)
- Universal
- Eternal
- Endless
- Boundless
- Bottomless
- Perfect
- Absolute

Sacred Languages such as Hebrew and Sanskrit have been theorized to be more powerful than modern languages. Learning these languages can be beneficial. Words carry vibrations which effect the world, Om or Aum is a Sanskrit word that is always being said all across the world. Saying this word can connect you to the etheric field with others and give you thoughts similar to the thoughts they are thinking. Generally, those saying Om are higher aware and loving souls. If learning sacred languages feels good, learn them and say your affirmations in them.

Here are some affirmation you can try that I enjoy:

- I am so happy and grateful now that (insert dream/goal here)
- I'm gonna do it! That's it! Period!
- Everyday in everyday I'm getting better and better

When you speak and say out loud it makes waves of motion, it makes nuero pathways because the sound travels through bone to the brain, mouth, and ears. This is the power of loud, positive self talk. Speak out loud, with energy and intense volume and use powerful words to program yourself for success.

Always expand your vocabulary, reading can do this. Having a larger vocabulary allows you to express yourself more and understand more material. It improves memory. It gives you more tools in your toolbox for speaking the reality you want. According to Kevin Trudau, those with higher incomes have more expansive vocabularies. Pay attention to the word choice of those who are successful and those who aren't. Successful people use more positive and elaborate vocabulary.

You must believe in the affirmations you tell yourself or you won't feel good. Don't lie to yourself! Thankfully, you can tone down an affirmation. If you feel depressed, you can say I feel ok, until you feel ok. Once you feel ok then you can say I feel great! Then, perhaps you can use a power world, and say "I feel perfectly great!". Use the emotional guidance scale or create your own and move up the scale using new affirmations for each level.

Your affirmation is ingrained in you if you know it like your know your name. This means you can recall it at anytime. If someone where to ask you what is your affirmation, you will have no doubt and you will respond immediately.

Saying word that uplift you. Many people develop a habit of saying words they don't like, such as profanity or vulgar language to fit in. That or they speak in ways to approve others, but feel bad themselves, speak the words you like to others. Find new words if you don't know what words you like. Finding new words is fun and allows you to communicate in words that make you feel good.

Speak out loud and move your body in an excited and happy way. Dancing or jumping up and down or Pumping your fist in the air is great. Jumping up from my computer chair and yelling "I'm gonna do it, that's it, PERIOD!" is one of my favorite.

Record yourself of what you REALLY want in life and play this as often as your can. Record you desires and play this 24/7, even when sleeping. This is almost effortless and really does work. Do this until it is ingrained in you and then you can choose a new affirmation.

### **Guided**

Guided mediation is great for beginners. I started with this meditation. The can be fun and adventurous, there are thousands of free ones on Youtube and other sites. They can solve almost any mental problem.

### **Visualization**

Visualization is a powerful form of mediation, if one can utilize it correctly. It is simple to do. You can close your eyes and visualize something, anything. Visualization is more powerful if you can incorporate all 5 sense. One example of visualization I used ot get rid of negative thoughts is the trash visualization. I will take the negative thought I am having and throw the thought into the trash. Don't forget to use your emotions!

The reason this is so powerful is that our subconscious mind loves symbolism, which is why many corporations have marketing teams dedicated to symbolism. They know it works on people's mind in ways they are not aware to get people to buy their products and services.

### **Breathing**

Close your eyes. The goal is to only focus on breath. The best place to do this is a quiet place in nature, away from pollution. Nature has excellent air quality that gives you incredible energy and relieves stress. The reason it is so useful to use breathing is that you can breathe at any time.

### **Alternative Nose Breathing**

This is breathing exercise to helps you focus. You breath in for 6 seconds with one nostril while you close the other with your finger. Hold your breath for 6 seconds. Switch the nostril you close and breath out the other for 6 seconds.

You repeat this exercise for 5 minutes or as long as you desire.

### **Freewriting**

You can write whatever you want, how you feel, a story, etc. You are putting these thoughts into a hard physical form,. Do not correct spelling, punctuation, or grammar. Set a time limit or word limit or page limit, if you wish, or do as long as you like. Word limit is easier to do when typing.

You can either type or write. Writing is generally better for memory, but not always for freewriting. If you are a faster typer than writer and you are getting intuitive thoughts faster than you can write, type it. If you type, 750words.com is a great site.

Some also like to do writing prompts, this is similar, but a person writes a prompt for you instead of just writing on a blank slate of mind.

When you finish what you write, review what you wrote down, what you wrote may surprise you. You may even notice some of what you wrote you didn't realize you wrote! This is due to the fact you were writing unconsciously, this is one way to channel other forces and energies beside your own into writing. This can give you incredible insight that otherwise could not be gained. It can also increase your intuition and your creative abilities, it is phenomenal for writers. It is way to conquer so called "writer's block." While writing this book, I did not encounter writers block, writers block is only created in a limited mind.

When you're done free-writing, read what you've written. Underline anything that feels particularly intuitive or inspiring to you. Take in the messages you've received and take them seriously or don't, analyze them. Sometimes I will write completely nonsensical stories or I will have great insights, its fun either way and a great experience. Free-writing is a truly powerful way to connect with spirit, so trust that you're receiving the messages you need.

You can also do in addition to this practice what I call "Speak-writing", this is great if when you are writing affirmations. Speaking and listening to yourself speak can help embed messages more thoroughly into your mind.

### **Create Something**

I want you to stop reading now and for the next 5 minutes get a blank piece of paper and a writing utensil. Create something. Come back in 5 minutes and read the next paragraph.

I bet you felt creative didn't you, this exercise helps with creativity, something most lack.

### **Mindful eating**

Eating can be a form of meditation. Before you eat and during the day, be thankful for having food. Not everyone in the world has food or high quality food like most of us in the western world. Thank those who made the food before eating it. Chew slowly and well, food that is chewed up into an applesauce like texture. Doing this helps with digestion which means you are getting more nutrients and are putting less of a burden on the digestive system. Eating in silence can also be beneficial, as you can focus on the experience of eating fully. By eating a

raw vegan diet, you can download information in the etheric field. My best ideas come when I am eating.

## **Daily List**

Write on blue ink and on white paper your daily goals or habits you want to establish, cross them out as you do them. Self-help lecturer Earl Nightingale says that you should have at least 6 goal-achieving activities a day. Crossing out activities you do gives you a sense of accomplishment and prevents you from thinking you didn't do an activity when you did. We have a strong desire to finish tasks, so by having these tasks not be finished, it forces our mind to focus on it and we gain pleasure from completing tasks. Make this list at night for the next day about 20 minutes before you sleep or whenever you get an idea for something you need to do tomorrow. 20 minutes before bed your body enters a day where it is very receptive of information that you or others give it. Interesting Fact: Hitler gave most of his speeches at night, because he knew that people were more receptive to information at that time. Activities that you are not sure which order you should do them in, make bullet points instead. Use a separate page or column before each day to avoid confusing days.

Ester Hicks, a law of attraction teacher, says you can ask the universe (God) to assist you with tasks you have, so you can write the tasks each day that you need help with. I call this a Universe To Do. God has no limits, so ask away! If there are tasks that you didn't get done today that need to, definitely include those! Make sure you are grateful for God helping you! If you have nothing to put for you UTD, ask God to help you get closer to him and ask how you can serve him. Serving God will give you the maximum joy in life.

Have small daily goals to have many successes each day (This builds confidence and you begin to see and expect yourself to do more and more) Make little accomplishments a success. Daily habits, breeds results, and results, breed success (remember the momentum cycle). Rig the success game in your favor. You can make success as simple as getting out of bed. You successfully got out of bed, that's a victory, not every gets out of bed. The feelings of success creates more success in your life, cultivate this feeling.

If you are feeling overwhelmed with activities, turn it over to the "manager". The manager is a person you can imagine who, whenever you give it a tasks, will always do what you say right away. Imagine the manager commanding a team of billions to help you get things done. You can think of a factory, or a planet, or a solar system, or a galaxy, or a universe. You get all the help you request.

Before success as every accomplishment so you get lots of successes. When you feel successful, you become successful. This is making the rules easy for you to win.

## **Dream Interpretation**

This can expand your imagination, your dreams utilize your full imagination, what you experience in dreams is often incredible and events that happen to them are beyond what

happens in your daily life. Reflect on what you dreamed of. I suggest keeping a night dream journal for particularly interesting dreams. Describe the dreams in as vivid detail as possible. Before you sleep you can say I will remember my dreams and when you wake up say it again.

You can look up dream interpretations online, they are interpretation of the symbols, sensations, and emotions of dreams. Remember that these interpretations are highly subjective, which is why I recommend reading multiple dream interpretations. I would suggest immediately dismissing an interpretation that you will encounter events in the future that you do not desire. You create your future, don't forget that.

You can interpret your dreams in anyway, remember, you always listen to yourself. Dream interpretations by others are just guides. Dream symbols are unique to every individual, they can vary slightly or widely. When reflecting on dreams you can ask yourself what they mean, if it feels right in your emotions and intuition, then it is right. There is no logic to dreams, it is purely in the subconscious mind.

The feeling are more important than what you see in dreams, a bad event like a plane crash sounds like a bad event. I had this dream happen to me, I read online it means something is going wrong, but in the dream I was with my family and we were loving each other as we had our last moments on Earth. We knew we would still have each other and were ready to go. We saw each other in heaven. It was a good dream despite the "bad" event.

If you are experiencing nightmares, it usually is reflective of what you're thinking and you need to get your thinking right in the real world. You can do so by rereading the first chapter until it is ingrained in your mind.. It could be unresolved traumas and programs in the past you haven't cleared up. Your subconscious mind has perfect recall, it stores all events that happen and forgets nothing. Clear these programs by reading the programs and agreements chapters.

## **Visual Autosuggestion**

Draw what you really want in life. This is great for stimulating creativity.

Have pictures around room with getting what you want. Make sure to add yourself to the pictures. You can do this by cutting out pictures and putting it on pictures you want. You can also use a photo manipulation tool like photoshop. You can put these photos on a dream board.

Have sticky notes around where you look at most of the day, make sure that it is in your peripheral vision. Use pictures and symbols, your peripherals love symbols more than words, your peripherals are seen by the subconscious only and the subconscious loves symbols. I surround my computer with post it notes with positive affirmations and symbols. Powerful symbols include the all seeing eye, the star of david, the monad, flower of life. You can attach

pictures using tape to the side of screens and mirrors. Attaching to mirror is powerful combined with mirror and self talk.

Visual subliminals are thought to be more effective than audio.

## **Memory Manipulation**

I recommend analyzing your past daily events every day and doing this. You can recall memories by tilting your head up slightly and looking up and then looking left to right.

You can change your memories or change your feeling about them. This is great for if you have a traumatic event or event you felt bad about. Imagine pressing rewind on a remote control and seeing a tv as your life. Go back to an event, see it the way you wished it to occur. Did someone cut you off in traffic that day and made you mad? You can simply go back and see your trip where that didn't happen. Maybe they cut in front of you and then the car blew up, that will relieve some angry, and it might even make you laugh! Manipulate the event in any way that makes you start feeling good about it. This is excellent for developing your imagination.

You can also reflect back on a memory with a new perspective and not change it. Find the gold in the experience and connect it to present events. Often times the worse events in our life break about the greatest possible change. This can cause use to help deals with the crisis in life because we know that everything works out for our better. This is more valuable than changing the memory if you are working on trying to get a positive perspective in life.

You can go back to a memory you feel bad about, you can do Thought Field Therapy as well. See the memory in your mind and feeling the emotions while you are doing the main method for Thought Field Therapy and finish until you get to the rapid relaxation response.

Don't forget dreams are memories too! You can apply the same technique if you wake up from a nightmare or sleep paralysis.

## **Forgiveness (rituals)**

Get into a relaxed state, go through your memories of everyone who wronged you and write their names down. Realize that people change. Grudges hold you back, they aren't worth keeping. You can forgive someone by saying "I release them to their highest good" see them happy, health prosperous. Write next to their name I forgive you.

Don't forget to forgive yourself. Go through your past mistakes and those you have wronged. Forgive all thoughts that were negative. Say I forgive myself. Then go through memories and see you doing better than you did.

You can go back to a grudge you held, you can do Thought Field Therapy as well. See the person you hold a grudge for in your mind and feeling the emotions of the grudge while you are doing the main method for Thought Field Therapy, but always start with collarbone

breathing and finish until you get to the rapid relaxation response. Replace the grudge with forgiving the person, see them being friendly and doing well.

You can do this as well for forgiving yourself, instead you look to your past decisions and feel the emotions of when you make a poor decision. Replace the thought with forgiveness.

### **Obsessive and negative thinking.**

Over thinking only becomes a problem when we are in resistance to our thoughts. Let your thoughts pass, don't resist them or carry the thoughts with you. Don't judge them

If you are having an obsessive and negative thought, use this technique. Imagine sitting at a park bench reading a newspaper, then you see someone at the corner of your eye begin to walk in front of you. Smile and wave and let the thought walk pass. Resisting these obsessive negative thoughts is like getting into an argument with the stranger who is who has very hot temper!

Ask yourself is this obsessive thought worth obsessive over?

Distract yourself, a worthwhile dream or goal is an excellent distraction. If you become obsessed with something else and it consumes all your thoughts, you can't obsess about other things. Your obsessive focusing conscious mind can only focus on one thing at a time.

Don't identify yourself as over thinker if you experience negative overthinking. Instead identify yourself as an observer of your thoughts.

To reduce your compulsive acting, do this: Imagine yourself sitting in a chair letting a phone ring. This will stop you from acting on things you know you don't need to act on but do so instinctively, such as obsessive thoughts

A great visualization is if you are having a "random" negative thought is to imagine a small ant saying these thoughts. Encourage the ant to speak all that it has to say. They say cancel cancel. Squash the bug. Replace the thought with a thought that serves you that you can believe in.

TFT can also help

### **Napping**

Napping is not only good for helping your energy levels when they are low, but it can also have other benefits. You do not need to be tired to nap if you know how to relax. You can nap easily at any time of day if you practice relaxation technique to calm the mind. A comfortable bed, pillow, blankets, good temperature, and quiet room is usually sufficient. When you nap, you aren't consciously resisting your desires, so you can let in what you want if you set an intention before sleeping. This is very good if you can only think positively for short periods of time due to deep negative programs dragging you back to negative thinking. When you program your mind for positivity and expansive thought, this is amplified when sleeping or

napping because you can't resist the thoughts you think while you are sleeping. Do this for at least 20 minutes before you expect to fall asleep or what feels right. The thoughts you think while you are sleeping are mostly dependent on the thoughts you put into it while awake.

Be careful what you listen to while you sleep. I suggest positive programming, such as listening to a recording of your dream or goals. It's a bad idea to leave the TV on or radio on when you are asleep, you have no ability to resist incoming messages. Count your blessings before bed.

Before you sleep or nap, think of a problem you want to solve. You can ask yourself what the best decision is.

Skill is developed by relaxing and letting the job do itself through you;

### **Channel Negativity**

Negative emotion needs to be intense for it to work. Use it to go from negative to positive state. Avoid chronic negative thinking, only use it to get to state of feeling good. This is the natural procedure.

In the next procedure, you can artificially channel negativity to reach massive positive thinking. WARNING! Only intensify negative emotions if you know where you want to go, otherwise practice the relaxation technique or use callahan technique to clear it out. If you know where you want to go, precede.

Here are some things you say if you are experiencing comfort in a pain and misery, such as being in a "comfortable" neglectful relationship. Get as mad as possible. Use "creative" language if you need to. When you have reached your peak, stop and read the next paragraph. Say these and feel the feeling of being fed up!:

- I can't stand this!
- I'm done!
- This is bull!
- "I'M SICK AND TIRED OF BEING SICK AND TIRED."

Use your imagination to imagine your ideal self. Say these until you reach peak positive emotions. Then while imaging your ideal future self and reality, say positive affirmations such as:

"I'm going up from here."

"My life is getting better, this is the first day of my new awesome life."

"I'm getting better and better."

## **Window shopping**

This is good if you want to increase your desire and belief of getting a material object. Go and experience the touching to object, hear it if it makes a noise, look at it from different angles, smell it, and taste it if appropriate. If you can't taste it, just imagine tasting it. Here is an example:

If you want a car, test drive the car, enjoy it, this increases the desire for it and the belief you can get it. If you want to be rich, imagine yourself being rich and fondle money in your hand.

## **The Great Morning**

Jump out of bed and say "It's going to be a great day". Pump your fist up, yell, get emotionally involved. A feeling of excitement and joy is excellent.

## **Dream build**

This expands your imagination. You will need a blank piece of paper and preferably a blue pen, but any pen will do. This exercise takes 10 minutes and should be done once a month or as often as you like. The more often you do this, the more consistently the greater your capacity to dream.

Do this now: Write down everything you would do, be, or have if money was not an object, it was your last day, and as if you could not fail. This expands your imagination and capability and capacity.

You don't have to really want what you imagine in your dream building, it is just to expand the imagination. Ludicrous is good, it makes it more fun and really stretches your imagination. Maybe right now you imagine you getting a good parking spot at the next place you travel to. I suggest you stretch it a bit. Maybe you always get a good parking spot. Maybe you have accomplished your definite chief aim. Maybe you own an intergalactic space station, you can take as big or as small leaps as you want.

Dream build before setting your dream and definite chief aim (if you don't already have one if you do, do this exercise and consider expanding it). A dream can never be too big, it can be as you feel like it should, if you feel like bad you don't believe you will achieve it because it's too big, this means you need to practice this exercise more.

When you dream build, it's easier to believe you can achieve your definite chief aim because it's small in comparison.

## **Victory List**

Make a list of past victories. This makes you feel successful, do this as often as you like. If you feel like a failure, this is particularly useful. By thinking and feeling successful you will. This will boost your self-esteem as well, you realize you are more capable than you think. It

can be simple things such as learning how to walk or as complex as learning how to ride a unicycle.

Form the habit of remembering past successes and forgetting past “failures”; Call up past successes when beginning a new task;

### **Dream Journal**

A Dream Journal is book just for your light bulb ideas, random goods thoughts, new desires, etc. Don't make to do list on the same book. Use a blue pen. I recommend carrying one on you will so if you get good thoughts you can write them down, thoughts can suddenly disappear, so write them down quickly, unless you have a master memory. When you are writing down, you are writing them down to remember, not to not forget! When you say I am writing this down so I don't forget, you are forgetting more and more due to negative self talk! You always state in the positive, not in the lack of negatives. The dream journal forces you to think about what you want. Require or clean it up old desires that you no longer have as new desires come. Evaluate old ideas to see if they needed to be modified or removed and add new ideas.

Occasionally analyze yourself on your desires, write down your wants and how much desire them and you belief you can get it. Rate your desire and belief in one column. Add the belief number and the desire number (Belief 10+Desire6= Total Score16). The desire you have highest score you should focus on first.

Your dream list is something that is never completed, you add to it each time you do the exercise.

### **Sacred Objects**

Physical things such as heirlooms, amulets, talisman, contained energy and attracted certain frequencies. Wealthy people where given objects such as these to help them succeed. Some of these objects can be found online or in stores. Crystals, mala beads, emf eliminators.

### **Cards of Success**

This is using your touch sense to get what you want. You know what something is and everything about it when you touch it, even if you don't see it. You well feel this every time you reach in your pockets. When you do it's a good idea look at the cards till you memorize them, then you won't need to, you'll unconsciously know what is on the cards. Laminate these cards or put in plastic bag to protect against environment. Update these cards as your goals changes, your imagination increases, and as your ambitions broaden. Create your own cards if you like.

Card 1-

Make a list of your positive qualities of yourself on a card and bring it around. Also list the good things everyone has said about you, you can ask your friends if you can't think of anything.

Card 2-

Write your dream on one side and on the other side your definite chief aim

Card 3-

Write how much money you are willing to make as an annual income. Write how much money you want in savings and how much for retirement.

The next chapter is on the media, which I consider the ultimate crusher of joy, love, and happiness, and success. Understand how it works and what you need to do to escape its death grip on your mind.

# Media

Detoxing is more than just physical, there is also a thing as mental detox. You need to remove yourself from programming that is hurting you and causing misery in your life and causing you to believe things that aren't true. Here are the steps to do a mental detox. It involves detaching from various forms of media.

## TV

The people who control the mainstream sources of information are people whose sole motivation in life is to profit off of others (even at the expense of their rights and well-being) and to control others. They often believe that life is a zero sum game, and if one prospers that means other has to be impoverished. They themselves want to be prosperous, but they falsely believe that they must impoverish others with lies and sometimes even direct violence for them to succeed. One of the reasons they want to control others is that they gain pleasure from being in the control and because they have been programmed by their psychopathic genes and family to want to continue ruling over others. It is all they have ever known.

Stop watching TV channels and programming: TV was meant to program you. That is why TV shows are called programs. Television tells lies to your vision. TV puts you into a passive state of mind that makes it difficult to reject what you are being told, it puts you into a hypnotic state, unless you are actively watching by paying close attention. You can be put into this state in less than one minute.. TVs emit certain flicker rates that result in putting you into a hypnotized state and is one of the reasons why people have such short attention spans. You can be suggested to by television via subliminal images. There are often images that can

have an effect on the mind via flashing images. TV is destroying your life, stop watching it and you will feel much happier and be more successful. Every self-help author I have heard recommends not watching TV.

In a Harvard study from 1999, subjects played a computer game. Words flashed at a few thousands of a second, imperceptible by the conscious mind. One set of participants receive words such as “wise” “astute” “accomplished”. The other group receive messages such as “Senile” “Depressed” and “Diseased”. The group that receive affirming statements won much faster than those who didn’t.

Symbolism is often used in advertisements and logos. These are often ancient symbols that cause the brain to activate in certain ways due to the behaviors and beliefs of our ancestors. One symbol frequently included is the Sun. The sun appears in many logos and commercials, because it was worshiped for thousands of years. We all know without the sun, we would die, it is a powerful symbol. Other powerful symbols include Pine cones, pyramids, pentagrams, the eye of providence, the fasces, stars, planets, are many more.

TV channels use advanced occult (secret and/or hidden) symbolism which the average person is not aware of it to persuade people. You do not need to believe symbolism is real for it to have an effect on you. Symbols are used all over in the marketing world. All major corporations have symbols and have teams of people trying to find the best symbols and logos for their company, products, and services. The reason is that if you use symbolism, you can get what you want from someone. These symbols are rapidly flashed so that it is difficult to catch unless you slow it down. This tactic is also used in movies as well to convey a message that they audience is unaware of and to advertise products as well.



They are often sexual or suggestive. The phallic and clitoral symbol are often used in advertisements, art, and architecture. An example of phallic symbolism are obelisks, which are tall structures with pyramids on the top. A common obelisk-like structure are skyscrapers. These large structures make people feel insignificant and submissive. Not to mention they block out the sun. They represent domination, since it is phallic structure. These buildings are quite symbolic for the domination of corporations and banks in our society.

In a surf men ad, it has some seriously suggestive symbolism. An example of phallic symbolism is the this surf men ad, which resembles a phallus. Often they are incredibly obvious, such as the one on the right. Sex sells!



People often speak in symbolism today, through emojis. Emojis are a modern form of symbolism. If you think symbolism is hocus-pocus, realize you use symbols all the time. Geometry is the study of the mathematics of symbols. If you use emojis, you are using symbols. Writing is ultimately symbolism, letters are symbols. Words are a unique combinations of symbols and are used to explain something.

This is documented well in the book *Secret Language Of Symbols* and is explained in detail by Mark Passio's *What On Earth is Happening* Podcast episodes 47, 48, 57, 59, 61, 63, and 64.

Much of the hypnotic effects are documented in patent US6506148B2.:

"Physiological effects have been observed in a human subject in response to stimulation of the skin with weak electromagnetic fields that are pulsed with certain frequencies near  $\frac{1}{2}$  Hz or 2.4 Hz, such as to excite a sensory resonance. Many computer monitors and TV tubes, when displaying pulsed images, emit pulsed electromagnetic fields of sufficient amplitudes to cause such excitation. It is therefore possible to manipulate the nervous system of a subject by pulsing images displayed on a nearby computer monitor or TV set...

For certain monitors, pulsed electromagnetic fields capable of exciting sensory resonances in nearby subjects may be generated even as the displayed images are pulsed with subliminal intensity...

"Certain monitors can emit electromagnetic field pulses that excite a sensory resonance in a nearby subject, through image pulses that are so weak as to be subliminal. This is unfortunate since it opens a way for mischievous application of the invention, whereby people are exposed unknowingly to manipulation of their nervous systems for someone else's purposes. Such application would be unethical and is of course not advocated. It is mentioned

here in order to alert the public to the possibility of covert abuse that may occur while being online, or while watching TV, a video, or a DVD.”

This is not just on TV, but also phones and computer monitors. If you are not using these devices for chasing your dream, long-term pleasure, or mindful leisure, I would not use them.

TV is mainly used to sell you products and services which you do not need or even want until you were convinced that you do. One of the reasons is the fact that in our industrial world, producers need to sell their products and convince people to buy them who do not want or need the product. Greed of course is the main reason. It is one of the reasons why your financial situation may be not optimal right now and why no matter how much money you earn, most of it ends up going down the drain. A poor person can be a person who earns 8 dollar an hour or 1000 dollars an hour if they spend all of as soon as they earn it. We must attempt to detach ourselves from advertisements in order to achieve financial freedom, we we can spend our money on things that really matter, such as healthy food and quality books.

It is also creates a feeling of inadequacy. An example is a commercial for cosmetics. Makeup and fashion companies convince women that they are not beautiful and that they need their products in order to feel beautiful, this destroys the self esteem of women and compels them to buy a product they did not originally want so they will have self esteem again. This is not just done for makeup but also for many other products and services. They will convince you that without this product your life will be lacking and that with it your life will be abundant.

Fashion models in magazines are photo shopped by experts who will spend hours on photo shopping just one picture to make someone look almost completely different to what they actually look like, then people see the woman or the man and think that is the standard of beauty, but the person is not actually a real person. People are trying to live up to an impossible standard of beauty, which they use to sell cosmetics.

The channels also shape your worldview into what the owners of TV programs want. In 2020, TV is owned by just 5 corporations control an estimated 90% of what you watch on television in 2020. These corporations are merging and being bought which means in the future there may been even less diversity and fewer corporations that control what you watch. It also means that these corporations could control even higher percentages of what you watch on TV. This isn't just for TV, The Big Six also controls what you watch in movies, newspapers, magazines, etc.

You are giving the illusion of choice, because many of these companies broadcast and publish under subsidiaries, which many people are not aware of. The channels on TV are owned by a few Media corporations, the subsidiaries are simply there to give an illusion of choice. An example is Disney, These are listed here:

[https://en.wikipedia.org/wiki/List\\_of\\_assets\\_owned\\_by\\_The\\_Walt\\_Disney\\_Company](https://en.wikipedia.org/wiki/List_of_assets_owned_by_The_Walt_Disney_Company)

All media presents essentially the same stories, but with slightly different perspectives. The intention is never to educate or spread positivity, but rather it is to spread fear and lies. They don't present real problems, and if they do they overhype it to use as fearmongering. If they

mention a real problem, it's only a blurb. Have you ever heard anything in the media about the root causes of issues in society or do they report symptoms?

Fearmongering is something you must know. The media uses fear created by a crisis to sell your product or service. The more people who watch TV, the more money the channels make from ad revenue. An example is a news channel will cover a crisis such as the Ebola virus (one of many virus and infections the media hypes up to extreme levels). CHECK IF CORONAVIRUS HYSTERIA IS STILL GOING ON. Tragic events cause people to tune in and listen closely to an event. This is because most brains are attracted to loss aversion, in other words, we REALLY do not want to lose what we have and will do anything to prevent it. We do not want to lose our lives, even if it means losing our sanity. This virus had only effected no more than 11 people in the US but so many were in a constant state of fear. This constant state of fear and hysteria causes our body to go into a flight or flight mode diverting our mind from critical thinking and logic to our limbs (to run faster)..

Fearmongering helps the media get the public into accepting things that they would not normally accept if they were not in a fearful and stressed state. When you are in this state, you look those you trust in order to come up with the solution to a crisis, even if the solutions are terrible.

Fearmongering can get you to believe in nonsense, lead you astray, waste your time, waste your energy, drain your finances, and keep you in a state of fear and stress. Fearmongering still occurs in the media. An example is "You need to get your vaccines because of a flu or measles outbreak." Even though these vaccines might hurt you or actually give you the flu. The pharmaceutical companies give large donations to the mainstream media in order to help sell their dangerous pills and vaccines.

This is a major problem, if we want to understand what is really going on and get good information, we must have good discernment and judgment and get our information from a wide variety of sources. You are not getting your info from a wide variety of sources when you watch tv news stations and educational channels such as History Channel, Discovery TV, etc.

The mainstream media is completely biased and it's not benefiting you in any way by watching it. You're not getting the facts. It's making you depressed. It's making you unhealthy mentally. TV channels put out a lot of disinformation and unhealthy worldviews. It could even hurt you physically, by making you fat and unhealthy from lack of exercise because of TV addiction.

Sometimes the scripts and stories are presented word for word, to local news stations owned by major media corporations such as Fox and CNN. An example is a Local Fox News will present a story the same as Local CNN. Often times this can be word for word. Here brilliant video montage of this: [https://www.youtube.com/watch?v=\\_fHfgU8oMSo](https://www.youtube.com/watch?v=_fHfgU8oMSo)

A potential technology the media could abuse is deep fakes. There's video showing that news anchors, what they're saying with their lips might actually be not actually with the saying. In the video they are doing it with Obama, and this was done years ago. That technology now is much more advanced. When you see people saying on television may not actually be what they said. <https://www.youtube.com/watch?v=bE1KWpoX9Hk>

There is also emerging technology that can make some say anything, even words and sentences they have never said. Watch this audio clip of Joe Rogan saying ridiculous things he has never said: [https://www.youtube.com/watch?v=DWK\\_iYBl8cA](https://www.youtube.com/watch?v=DWK_iYBl8cA)

And another great video to prove mainstream media is fake news is staged protests done by CNN, although it's not just done by CNN. The way you can make a group protest look larger than it is it to have a group of people of 50 people and they put a camera in front of them at a certain angle to record and it looks like a large crowd, but in reality it's only 50 people in a street. Also it should be noted that these crowds of people are often paid actors. Here is the video: [https://www.youtube.com/watch?v=QuURFUyrG\\_A](https://www.youtube.com/watch?v=QuURFUyrG_A)

And there's also staged reports. Here's an example: In one media report, there's two women who are speaking as if in they were in different locations to each other on a report when in fact they're actually in the same parking lot. And you can tell this by looking at the cars going by in the video that they're on the same parking lot. They're not that far away from each other, possibly a couple of feet. <https://www.youtube.com/watch?v=ZGADrt5hhwM>

The media ultimately is not truly real. It's in the virtual world or the world of print. What you see on the media is not real life. Real life is not on the internet or in a book. People's understanding of the true world is decreasing every day. People becoming more hooked on the virtual world, your senses in the physical real world are much better methods of finding the truth than on the media. In the media you often hear them say that crime rates are rising and there's terrorist attack is everywhere. The media wants you to be fearful of things that aren't even concerning or fearful of events that aren't even happening. I would be more concerned about government corruption or police brutality. Noticed I used concerned instead of fear, there is nothing to fear. Life is not as bad as the mainstream and often the alternative media makes it out to be.

Go out into nature and talk with your neighbors. If you go out in the world, you see people for the most part getting along, no crime or terrorism. The world is not always as bad as it seems on the media. The world is not a nice place at certain times and places, that's why I still recommend being informed on world affairs, just don't get it from the Mainstream media. A lot of times in the mainstream media there are really important problems they do not address, while they focus on minor problems and blow them up to appear as large problems. The media often fabricates problem where there is not one. Of course, there are terrible things that happen such as the human starvation in Yemen that is done by Saudi Arabia, which you wouldn't know that if you were just to look around in your life. Personal life experience is not enough because you don't know what's going on outside of your local community.

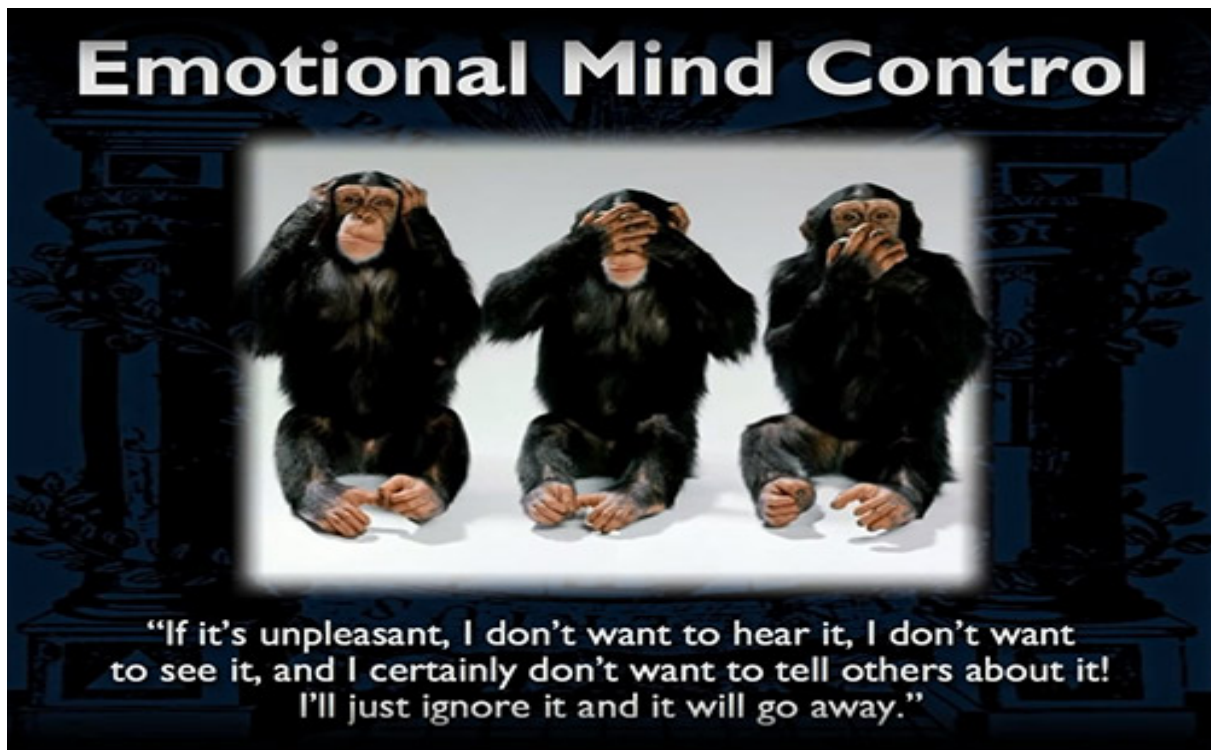
In the western world, most see things through rose colored glasses because they don't know how good they have it and they don't experience the very inhumane events occurring in the world or even in their own countries.

TV channels will use countdowns to get their viewers into a hypnotic state. This countdown is so fast that most will not catch the numbers counting down. Counting down is a common method of getting someone hypnotized. The TV tries to hypnotize people so that way it is impossible to reject the information given out in the broadcast.

TV channels always widely use two colors. The color blue is a color that makes people more accepting of information. The second main color is red, which is used to get your attention. It is the color of stop signs, alarms, red lights, and warnings. You will see this color a lot if you watching a report on a tragic event. The use of red and the tragic event draws people in and makes people susceptible to fearmongering.

The media uses Emotional Mind Control. Mainstream TV. Broadcasters will dress up nice, wear makeup, have fancy green screen backgrounds, expensive audio and camera equipment, and million dollar budgets. This gets people to believe that because they appear so professional, that they must be telling the truth. This is a form of influencing by ethos (authority). TV broadcasters will use soft, quiet tones and certain phrases to convince people. This is an appeal to people's emotions (pathos). Most people are more emotional than logical, which isn't necessarily wrong, the issue is when people judge the truthfulness of information based solely on feelings while still having a massive burden of negative program, which often comes from TV programming. A TV channel is not automatically truthful just because the broadcasters look professional. A YouTube video could be of poor quality, with stuttering audio, low resolution, static in the background, yelling in microphone, made with Microsoft paint, could still be telling more truth than a TV channel. When deciding whether a source of information is truthful, you must not use only your emotions to judge whether information is

true or not. You must also not judge the information based on who is presenting it or the quality of the presentation if you want to find out if the information presented is truthful

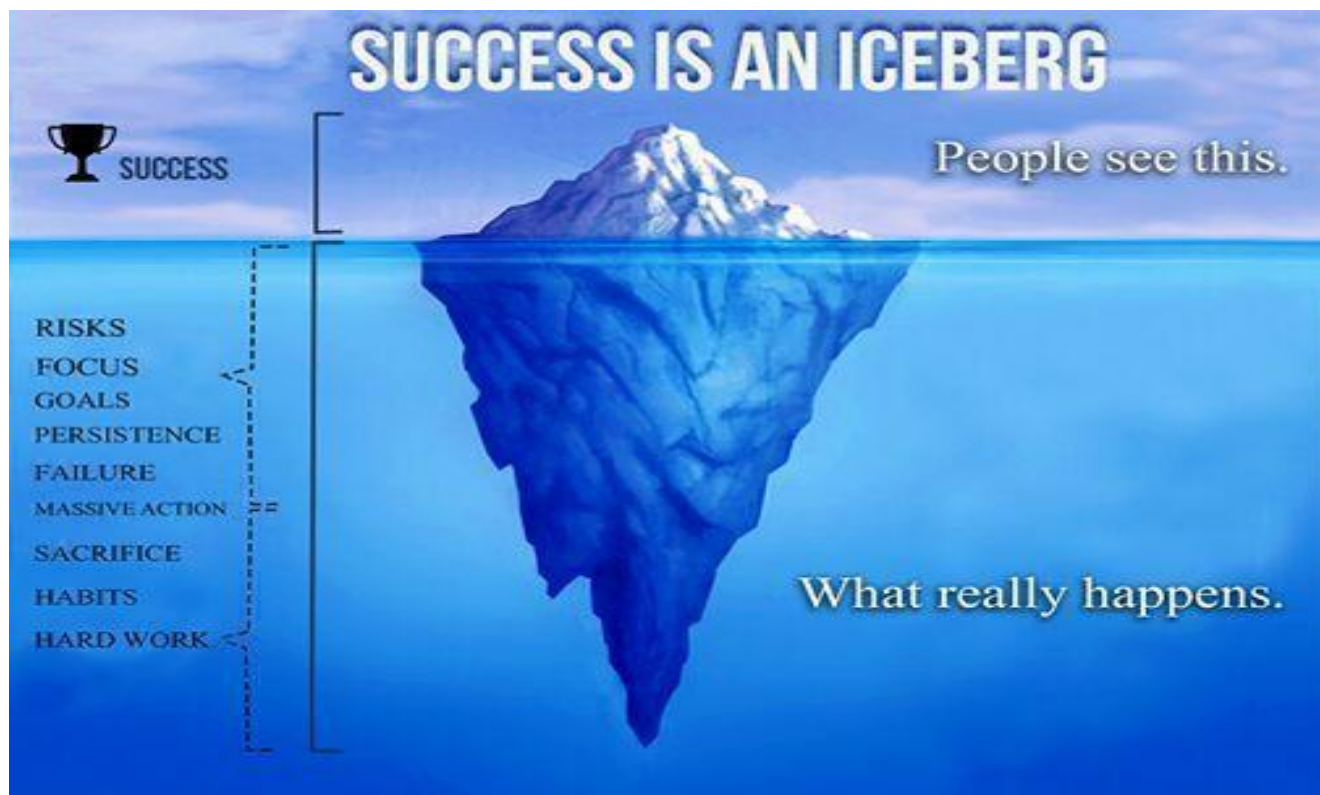


### Social Media

Another form of media is social media. Social media is flooded with advertisements, many of which are unblockable or unavoidable. The most popular social media is Facebook. Facebook doesn't allow you to customize your feed, because your feed will always contain ads and these ads can't be blocked by browser extensions such as adblock or Ublock (browser extensions I recommend to block ads). These ads are based on your searches and likes, so ads are shown to you that you are more likely to buy into. Avoid endless scrolling on Facebook, only use Facebook with a deliberate intention such as to contact a friend or to post something to your friends or social group. You can also use alternative social medias such as Minds.com or gab.com. Most other major social medias have unblockable ads.

When you scroll through your feed on social media, you will notice, or maybe you haven't, that there is never an end to the feed. The social media industry calls this endless scrolling. The purpose of endless scrolling is to increase the amount of time you spend on social media so they can sell more products and services through advertisements. Even if you scroll through these feeds very quickly, your mind is picking up on all the advertisements and negative drama that is on Facebook. Because these feeds are endless, there is never a point where the novelty ends.

Social media is generally filled with drama and negativity, as most are friends with people who are negative and are posting drama in their life. Social media can be dangerous even if your friends are positive. Social media often makes people feel that they are not living their life to the fullest, because their friends post only the good parts of their life, their new raise, the luxurious vacation, the new job, the new car, new house, you begin to think, "they have it so good, why can't I have it like that?" The truth is that your friends struggle just like you do, they did not post the struggle and hardship they suffered to get them to where they are now. Facebook and Instagram are notorious for this.



The way you refresh your feed on social media on a phone is by pulling down with your fingers. Slot machines have levers on the side to pull that will give you a new combinations of symbols, which gives you a sense of novelty and is one of the reasons why many are addicted to gambling. This was copied from the gambling industry to increase cravings and increase profits. It gets you hooked and if you scanned a brain of a gambling addict who was gambling and a cocaine addict using cocaine, the brain scans look similar. Refreshing on social media is like a gamble, your body released dopamine, a feel-good chemical that is produced when you anticipate a reward. This keeps you on the social media longer, as you will always be searching and refreshing to find more. It is a time waster and a dream killer.

There are alternatives to getting news rather than Facebook, they are called RSS feeds. RSS feeds load faster, has no ads if you use the Brave browser, saves you time, and best of all is free. The one I use is Inoreader. You can use Inoreader on any device. I have an RSS at <https://www.nextlevelthinking.net/recommended-articles>.

A great tutorial on how RSS feeds work is this video: <https://www.youtube.com/watch?v=Pp54UzrswpQ>

Chamath Palihapitiya, Founder, CEO Social Capital and former Facebook exec, warned about the unintended consequences of social media at Stanford Graduate School of Business View From The Top talk "I think we have created tools that are ripping apart the social fabric of how society works... The short-term, dopamine-driven feedback loops we've created are destroying how society works. No civil discourse, no cooperation; misinformation, mistruth. You are being programmed" Link is here: <https://youtu.be/PMotykW0SIk?t=1329>

A simple solution is simply to quit social media, however there are some benefits of using social media. You can use social media for your business, to inform others, etc. YouTube the only popular social media I recommend for daily usage. Ad blockers such as Ublock and adblock help with reduce ads. Brave is a good browser to use to reduce ads as well.

## **Pornography**

Pornography is also another problem for some. Pornography suffers a similar problem to the modeling industry making people feel inadequate. Pornographic stars use extensive amounts of makeup, professional camera crews, professional sex actors, and unrealistic sexual standards for people. This makes some people feel depressed and anxious because they can't live up to the standards and behaviors of those in the porn industry.

Porn addiction is real and many suffer from it. This is because porn triggers the part of our brain for sexual relationships, this desire is stronger than any primal desire in all human beings except for maybe food. This why the porn industry is worth an estimated 97 billion dollars. Porn of course uses pornographic advertisements as well, and many advertisements only help to fuel people's porn addictions. This is because porn ads are almost exclusively show in porn sites because they are inappropriate for other sites.

Porn is potentially toxic for the mind even if you are not addicted. When people watch porn in the modern day, they often view more women/men in an hour than our tribal ancestors did in a lifetime. According to your brain on porn, when our brains views sexual content of many models, it essentially says, "I am successfully mating with many people, I am a successful human being because I am spreading my genes, so I can take a break." It is also unrealistic, as nobody in history except for the ultra-elite had 1,000s of sexual partners. Of course you are not actually doing this and it can cause you to go in a downward spiral. Your brain is telling you are successful when all you did was move your fingers a bit, this conflict between you primal brain and you conscious mind which creates a dissonance.

The solution to this is to quit using porn if it is problematic for you. The best way is to stop thinking about it by occupying your mind with other thoughts and activities. Think about other activities you like to do, do them more and you will think about porn less and less. You can also wean yourself off by watching porn just a little less each time you watch it or watch less frequently, even if its a small amount, you will eventually be porn free! Another method is to quit completely, though if you are an addict I would recommend not doing this as you may

suffer bad withdrawals, but for the rest it can be effective because if you stop watching porn you will think about it less. Out of sight out of mind. You should also stop following models of the gender(s) you are attracted to to prevent triggering cravings.

Stop thinking about the opposite gender as a sexual object and start thinking of them as an actual person, and this will also decrease cravings. People who watch porn may start viewing others as objects. This I have no doubt causes some people to become domestic abusers, rapists, and pedophiles, but I am not saying that all people who watch porn or have watch porn are domestic abusers. Don't believe me? Look at some of the titles of porn videos and popular search terms, they include titles such as "Rape" "Teen" "Gang bang".

Some men have reported that when they refrain from masturbation and watching porn that I have greater personal magnetism, less social anxiety, a greater ability to focus on anything not related to sex, more motivation and energy. They swear that when they watch porn and masturbate that more people gave them dirty looks and started asking what is wrong. The mystery of sex transmutation may explain this. There is a great community of people at who frequently discuss this mystery and tips on quitting porn.

An excellent resource for quitting porn is <https://www.yourbrainonporn.com/>.

No fap: <https://www.reddit.com/r/NoFap/>

## **Video games**

Video game addiction is real. Video games are usually not a problem if it is used in moderation. People are spending hours and hours a day on an activity that isn't real! Video games (and movies) do not stimulate the imagination! Older generations did not have this technology, they had to use their imagination while playing. Yes it can develop your hand and eye coordination, reflexes, etc. If the people who played video games all day channeled that time and energy towards something productive and towards helping better humanity, we would have a much more beautiful world. You aren't creating anything by playing video games so I don't think video games can be part of anyone definite chief aim unless they create content for entertainment.

According to Kevin Trudau, Video games causes to you cognitively think and analyze and rationally create decisions goes down dramatically. However, board games are massively beneficial and provide a similar experience to video games. They can improve your imagination, if you are playing a game like battleship, you have to use your imagination to blow the ship in your mind, whereas in a game the images are all presented to you.

In gaming there is an activity called grinding, where you play the game to earn a reward. You could be doing this in real life. Gamers often spend so much of their time and energy on playing games just to earn the next item or level even if they are not even enjoying the game! If you do play video games, play them moderately and for entertainment, not just to kill time.

Video games are designed to make money of course. They do this through ads and often micro transactions. They want you buy their items in the game store or buy the game. They use devious techniques to get people hooked on their games; one being over stimulation, such as flashing lights, vibrant colors, fast animations. This over stimulation causes us to feel excited to a higher degree than we would in our natural environment. It's easy to say that real life is not as exciting as in video games for most, we are not out slaying dragons in real life! (When you create a successful life however, video games pails in comparison). This causes us to think that we are successful in life because we are successful in the game, such as by level up, slaying monsters, conquering, etc. This in a strange way is telling our brain that we are successfully foraging, where early humans for most of history would spend our day going out looking for colorful fruits and avoiding dangers. Our brain is saying "I am a very successful forager, I do not need to forage as much and can take a break, since I have found my food." This can kill our motivation to achieve greatness.

Violent video games (and movies). Video games are also quite violent at times, if you do not believe me, search up some of the most popular games such as "Call of Duty" "Grand Theft Auto". These games are violent and it's no surprise that you see violent crime in our culture. It is true the most people who watch violent movies and play violent video games are not violent, but some do become more violent from it. Even if we do not go and commit violent acts, we have to think about how these violent movies and video games shape our worldview. Are we going to have a positive and uplifting worldview if we watch violent movies and play violent video games all day? Probably not.

Even more sinister, is that certain games like Call of Duty teamed up with the US Army in order to recruit, as if pressing buttons and see virtual soldiers die is not the same and killing real life people! Personally, I would not like to be brainwashed to accept a low paying job where I am stripped of my freedom and could have my limbs blow off and live the rest of my life with PTSD because I hurt innocent people! We have to be careful.

You can wean yourself off of video games similarly to porn. Or you can just quit entirely, I would not recommended this method if you are an addict as you may suffer withdrawals. Get rid of your game consoles, delete your games and accounts if you are truly committed to quitting completely. You could also make them hard to access, such as putting them in the closet behind some other stuff and hiding it. An excellent resource for quitting games is [Gamequitters.com](http://Gamequitters.com).

## **Music**

Many people listen to music often, some even almost every waking moment. Music can be a powerful form of art and poetry (yes music is a form of poetry, most lyrics read like a poem!). However, sadly much the music in our society is filled with negative lyrics. Lyrics include suicide, making as much money as possible even at the expense of others, doing massive amounts of drugs, not caring about anything, being reckless, caring only about yourself and short term pleasure, misogyny, having sex with anyone, and sometimes even rape! This influences our mind, consciously and subconsciously. We need to listen to music that empowers us, gets us to actually care about things that matter, and opens our minds. I have

free music playlist on my website at: <https://www.nextlevelthinking.net/music> of this kind of music.

## **Google**

Google isn't a form of media, but the algorithms are biased. Stop using Google. Google deliberately hides information on subjects such as knowledge about the dangerous of the pharmaceutical industry (vaccines and drugs), conspiracy theories (and conspiracy facts), politically incorrect topics, and socially incorrect topics.

The auto completion for Google shows biases towards certain agendas, people, or organizations such as Hillary during the 2016 elections.

It's not giving you a neutral search results, which most people would expect from Google. That's one of the reasons you'd go to Google is because they expect neutral search results because a lot of people understand that the mainstream media is not trustworthy, so they go to Google, but Google is not trustworthy either. You need to use an alternative search engine and also you should stop using the word Google. Instead of saying Google it, I say "research" "look it up" or "search it". You're breaking down the linguistic programming a society for people to use Google. You can still use Google, but do not use them exclusively, use others search engines in conjunction with Google. Remember if you are using a search engine, you get difference results for a search engine. One of the big issues with YouTube and Google and other search engines is confirmation bias.

Google doesn't show results from the deep web, this is content on the internet that doesn't show up on other mainstream search engines. You don't get the full results on Google, the results are santized and often the empowering content is burried in results or it doesn't show up at all.

Good alternatives for google include: Startpage, duckduckgo, and Giburu. Start page and duck duck go are similar to google but are privacy focused. Gibru is good if you are wanting to explore deeper into controversial topics or censored topics like conspiracies or the occult.

Good alternatives for youtube include: Dtube, Bitchute, Lbry, peertube.live.

## **Youtube**

Another popular media form that displays ads is YouTube. Many will say, but most ads are skippable after 3 seconds so they don't effect me, but this isn't true. You are still influenced by these ads, if you weren't why would advertisers still use their money to pay for these ads on YouTube videos? Thankfully, these ads are blockable with ad blockers such as adblock, or ublock. You can customize your feed on Facebook by subscribing to channels and clicking on my subscriptions. You-tube is actually the only social media I use on a daily basis because many good channels still exist to truly wish to empower humanity. Unfortunately Youtube has been cracking down on free speech on their platform, yet they claim to support free speech. Recently, alternatives such as bitchute and dtube have appeared as possible viable alternatives.

Youtube is also biased, they have removed channels because of their opinions. Popular channels that have been removed include Alex Jones and David Icke.

If you're on YouTube and you're subscribed channels, try not to subscribe to channels that only confirmed your worldview. For example: If you're a Christian, subscribe to channels of those who have a different religious worldview. Remember that expanding your sources of information allows you to expand your mind to transformational ideas which can radically change your life for the better.

Next is infotainment and rabbit holes, which is a problem some suffer from, including me in the past. It leads to a waste of time and inaction.

### **Infotainment and Rabbit Holes**

Another problem is rabbit holes. Google and YouTube bases their searches off of what you searched in the past. Here is an example: Search on YouTube flat earth videos. Over time, you will almost exclusively be shown results that confirm or reject the flat earth theory, you will be shown almost no other videos in your recommended videos sections. If you click videos that confirm the theory you will get more recommended. It can get people caught up in a rabbit hole, where they only research one topic. In the grand scheme of things, the shape of earth doesn't matter for 99% of the planet.

Be aware of Infotainment,. This is notorious in the alternative media platforms. Much of what is said may be true, but is it truly relevant information. The greatest example is the Flat Earth movement, does the shape of the Earth matter in the grand scheme of things, unless you are a pilot or astrophysicist, I would argue no. These people do not act on knowledge, they simply absorb more. You can see the raise in infotainment with the rise on documentaries about things such as flat earth. Many conspiracy theories are real but are just rabbit holes to go down rather than valuable information that will help improve humanity. Many people who watch these aren't on the battlefield and would actually be good content creators but all they do is sit and absorb information. They will speak of tyranny and conspiracy, but the question is: What are you going to do about it?

On my website, I have a page called recommended media and I have media sources that I believe will help you in your journey of life and it is from a wide variety of sources. On my website I try to provide as many sources as possible that I believe are truthful, and although they're not unanimous in what they agree on, you can gain a wide variety of understanding and come to your own conclusions from the different sources of media that I have on there. The link is <http://www.nextlevelthinking.net/recm-media>

Next few chapters deal with morality, which is key to your long term success, more than any other.



# Plant-based Lifestyle

A plant based lifestyle (or PBL) is a lifestyle the refuses to buy or sell animal products. It does not allow the murder, slaughter, rape, or torture animals. I have coined this term as replacement for veganism due to its controversy. This term is synonymous with vegan. It clarifies that veganism is more than diet. The core philosophy of PBL is morality, not health benefits, it allows for eating roadkill and wasted animal product leftovers. It also allows you to wear what you want, as long as you didn't buy it or request others to buy it, if someone gave you an old leather jacket, you can accept it. The following benefits are from my research on veganism as well as my experience, do your own research as always. Everything in this list may not be true unless you follow a well balanced raw organic vegan diet.

## Vegan Personal Benefits:

- Less Likely to Choke
- Healthier Skin
- Better mood
- Healthier heart
- More energy
- Maintains a healthy weight
- Digest food easier
- Prevents bloating
- Can Eliminate Acne
- Better mental clarity

- Improved immune function
- No headaches

Being a vegan is ultimately about morals, few mention the unimaginable suffering animals must go through. You can find studies that show the benefits of eating animal products, which are often but not always funded by the meat industry. Have the diet that works for you, but under to be a truly moral person, you MUST be vegan. Being a moral person brings the maximum amount of happiness, love, and joy to you.

The most important thing to know about diet is to eat vegan and to eat what makes you feel good. Practice delayed gratification, don't forget some foods make you feel good now but bad later, eats foods that make you feel good all the time.

Stop Eating meat and animal products. This is the most important action you can take to help rid you body of toxins. An alkaline body does not easily generate disease, cancers, and sickness! All animal food is acidic. It is important to not just stop eating animal foods but also stop buying any animal products. This section is going to be extensive because many people have bought into the false idea we need animal products to survive. This is such as widely done immoral practice that it is having tragic consequences. Every person needs to do this because of the potential disastrous consequences that all of humanity has to face if we continue this practice, the moral and environmental consequences will be drastic. Humanity would enter a golden age if we stopped this practice, we would see much less environmental destruction and far more peace and prosperity among humanity and all life on earth.

Top 3 key points

1. Animals are a critical part of understanding and applying the non-aggression principled
2. The main reason to adopt a Plant-Based Lifestyle is to reduce suffering.
3. Reducing suffering will improve your life and those who you love and care about

I teach one thing and one only; that is, suffering and the end of suffering – Buddha

“As long as Man continues to be the ruthless destroyer of lower living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love.” - Pythagoras, Greek philosopher

The practice of carnism (the opposite of a PBL) is a violation of the non-aggression principle. Then... What is the moral issue?

The moral issue of abusing animals for their products and for entertainment is that it violates the non-aggression principle of natural law. The non-aggression principle is the principle of not doing violence to other beings. Natural Laws are universal, unchangeable, eternal laws. They are not laws such as do not cross the street without looking both ways, they are laws such as gravity which always apply everywhere for all eternity. They do not personally care or try to stop you if you break them, but you will suffer the consequences. If you are violating this laws

you are hurting others, which you have no right to do. Not only that, but you are hurting yourself.

Every second of every day, Animals are being murdered, exploited for their products, have their habitats destroyed, and more all of needless reasons. 5.6 billion land animals and 2.7 trillion marine animals are killed annually, and that number is a low estimate.

You must use your empathy to see things from the animals point of view, see the injustice, murder of family and friends, rape, etc. The problem is most people have no experienced this degree of injustice, so some imagination may be required. If you do not view the situation from the animals perspective, it is easy to justify any animal abuse. We are all part of the unfied field, all beings are one. When you unrightly do harm to another, you harm your self.

This practice of animal exploitation is ruining the etheric field of the Earth. This causes negative programs to be inserted into the etheric field and you absorb these programs in you if you aren't dealing with them. Many other people are downloading this programs as well. It effects many of innocent people around the world. In other words, it is decaying all organisms on Earth. The Earth was never meant to handle so much brutality; of the 3 trillion animals killed every year.

Philosophy comes from the Greek *philosophia*, or the love of wisdom. The only wise way to live in the world is to live a peaceful life. Wisdom is the ability to correctly think and act using knowledge.

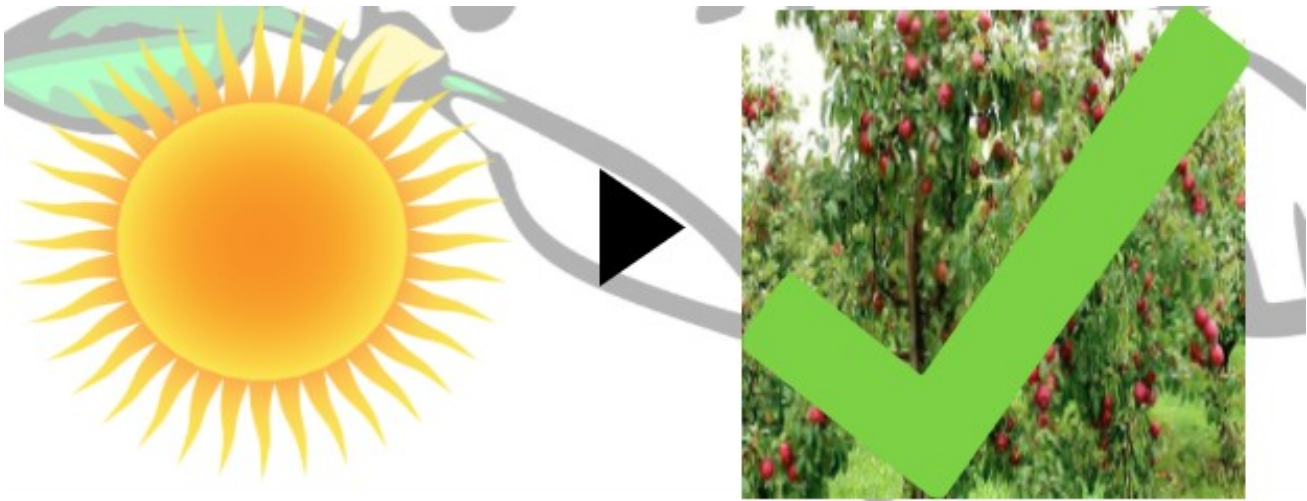
It's all about our choices. What do we decide to buy? The only question that someone really actually needs to ask is, when I purchase this item, I am helping to perpetuate suffering? If you are purchasing meat or animal products, the answer is unquestionably so. By doing so not only are you causing more harm to other beings, you are also causing more harm to yourself, as all beings in the universe are connected. If you don't believe me, research quantum entanglement and Rupert Sheldrake's work. I will keep repeating this to get it into your memory.



Do we have the right to defend ourselves against animals? Absolutely. You have the right to kill an animal in self defense, such as if a rabid dog attacked you or a parasite. You also have

the right to defend your property against animals, such as an ant infestation. However, you should attempt to not have this situation occur by keeping a clean house, proper hygiene, and avoiding wild aggressive animals.

The law of assimilation is that we spend more energy digesting (assimilating) foods that are more complex, such as animal protein. Plant protein is simpler for our body to digest, therefore we lose less energy digesting it. Animal Proteins also come with negative energy, because the animal had to be killed or enslaved to receive that product, and when we consume animal products, that negative energy is put into us. The top picture is the simple process nature uses to taking sunlight converting it to plants, it is more simple. The bottom is the unnatural and complex process of taking sunlight, converting plants, into animals, into meat for humans!



Take a look at the two assimilation systems above. Which system do you think is a more direct form of energy (and thus would give you more energy)?

Plant proteins have no negative energy and are more direct forms of energy because they plants covert sunlight into food for us rather than sun to plants to animals. The less process involved, the more simple the energy and the better it is for us. Raw and organic food are also better because of this as well. The less processed a food, the more simple, and you therefore gain more energy. The more processed a food, the more nutrients have been removed from it.

We get most of our energy from food, and all energy ultimately comes from the sun and all energy from food comes from plants

By consuming animal products, we are feeding into our lust, carnal desires, and hedonistic lower selves, our animal origins. By not consuming these products, we are transforming ourselves into a more evolved being, closer to our higher selves, aka what we really are suppose to be and what we were put on Earth to be.

This will also result in an unclean astral body, which is our higher selves (who we are beyond our physical bodies, our souls) after we die. This transition will be more difficult if our bodies are unclean or impure, and filled with sin. Therefore we should eat clean food that involves no cruelty while completely avoiding food that require cruelty to be produced.

The average person generally tries to be good, however, they have blind spots. They do not know always know how to be moral because they weren't taught all the aspects of morality. They simply go on day to day thinking they are, yet they take place in the crime of carnism . It is our individual responsibility to truly be a righteous person by ending this practice for ourselves and by encouraging others.

Here's an interesting experiment to try: Most people would say something is wrong with the world, or that humanity as a whole could be improved. Let's try respecting animals, we have not done it before, something good may come of it. I would be willing to bet that by being peaceful with animals, we will be more at peace with our environment and each other. In other words, less wars, less environmental destruction, less politics, less deception, less crime etc.

One of the main reasons this system continues is of course, money. People are addicted to eating meat and animal foods, wearing fancy clothes made of animal skins. The reason these industries are so profitable is mostly due to advertising and multi-generational cultural indoctrination. These are the reasons people want animal products, not because they innately want animal products themselves. Avoiding advertisements can reduce the cravings for meat. This can be done by getting ad blockers, avoding social media, and not watching TV.

Another lesser know reason is that psychopaths run these industries. They receive pleasure from hurting animals. They don't want to be abuse animals like dogs and go face legal consequences. They want to legally abuse animals, so they form and join the legal animal abuse industry.

Charles Leadbeater, a Theosophist (a form of mystical Christianity) explains the horrors of Chicago, a major city of slaughter where many thousands of animals are murdered every day, He explains in Vegetarianism and the Occult that a horrible aura of death surrounds Chicago. This can be felt anywhere in the city. It is like a gut feeling of horror. It is like when you walk around at night and something doesn't feel right so you walk away.

He also explains that this feeling can only be consciously felt by those who have a developed intuition. Those who are not consciously aware are still affected by this negative energy in

Chicago be they feel ill for reasons they do not understand. There is also a horrible smell of death in the city.

During the early 1900s, many slaughterhouses employed children. Leadbeater explains that the only thought these children have is directed towards killing. He explains that children would return home from a day of work pale, sick, and unable to eat or sleep. Children explain that they often felt they would rather starve to work in such horrific work. They played games of killing with friends and knew no other games. When they thought about animals the only thing they thought about is killing them. These so called Christians are receiving a daily education on murder.

During the early 1900s, Chicago was a major city of murder, Leadbeater explains. To this day, is still one of the most murderous major cities in the United States. He calls Christians hypocrites for preaching compassion yet being silent about the animal abuse industries in the city. This is due to moral apathy and conditioning (it's the way it's always been so they get used to it and don't care). He explains this cloud of death is spreading across the whole of "civilized" humanity.

The effects of this are widespread. There is a feeling of terror in the air. Innocent children are afraid, especially alone, for reasons they do not know. The atmosphere is charged with the hostility of murdered creatures and effects all in the city. By stopping this act, we can stop this cloud of death. We will be free from hatred and these terrors. We will evolve as a species. We can create a paradise on earth by allowing animals to be free. We will create a prison if we enslave animals, we are doing this now.

Much of the crime, disease, and poverty may be due to the eating of meat and exploiting animals. Meat is known to cause disease, many which plague the minds of millions resulting in PTSD, anxiety, violent behavior, antisocial behavior etc. Slaughterhouse workers have the highest rates of mental illness among all jobs.

That's it for the core philosophy of veganism. If you wish to learn more visit this article linked here:

<https://www.nextlevelthinking.net/single-post/2020/04/27/WIP-Ultimate-Article-Veganism>

Read the previous article for more information regarding the following topics: the justifications for carnism, the science of veganism, the physiological reason why we are herbivores, the animal agriculture industry, the origins of human diet, Animal product advertising, general plant nutritional info, questions regarding if animals feel pain, Animal entertainment industry, service animals, animal research and vivisection, and environmental impacts of veganism.

If you are on computer and would like to learn about a specific topic, press control key and f at the same time. If you are on phone, when you are on the internet browser, tap the 3 dots and the top right and tap "Find in page."

**What is/ is not vegan?**

Scavenger veganism is fine from a moral standpoint. This is a term I have coined for ethical vegans who eat roadkill or wasted leftovers. The reason this is fine from a moral perspective because you are not causing harm to an animal by eating an emotionless dead body. This might socially perpetuate meat eating though, but I will not condemn you if you are a scavenger vegan.

Being PBL, means carefully checking labels on boxes for abstract non-vegan ingredients such as red dye, this is why going raw vegan makes life more simple. Publicly traded food companies do not always list all the ingredients in their products, so I would avoid them like the plague, they could be not vegan. Generally, healthier food companies will tell you if the food is vegan, since they know that most vegans read labels. There are hundreds of non-vegan ingredients that have complex names that you would never know where vegan, visits the article for above for some.

- It means not buying tickets and passes to the animal entertainment industry. This includes zoos, circuses, petting zoos, aquariums, horse races, bull racing, and countless others.
- It means not buying meat, milk, eggs, honey, or animal foods at stores or restaurants.
- It means not buying pets from breeders.
- It means not buying products made from Leather, wool, fur, down and feathers. The products that contain these are usually clothing, wallets, purses, blankets, and pillows.

### **How to go Plant Based Lifestyle/Foods to eat/What to avoid**

Adopting a PBL is easier than you think. You can use an affirmation to tell yourself its easy, because it is! I went vegetarian in only 2 weeks and went vegan in a day! People already eat plant foods every day such as bread, beans, rice, cereal, oatmeal, etc. You can simply replace the meat products with more of the foods that you eat everyday that are plant based.

It is best for most transfer to a PBL diet over time, this is because your body will probably suffer from withdrawal symptoms if you immediately switch over. Some people feel sick when they transfer to a plant based diet because they do it too fast, this is because of withdrawal, not because plant foods lack nutrients. You want to wean into a plant based lifestyle slowly and have a plan for getting all your nutrients so you can be healthy. This also helps prevent you from reverting back to your animal food diet so that way you don't blame it on the supposed lack of nutrients of plants. If you really are felling like going PBL immediately, do so.

Here is some excellent news, you can adjust your taste buds to like any food. Eating these foods can become a habit. Once it's an ingrained habit, it becomes effortless and you will like these foods. I believe all foods are an acquired taste, here is one reason why. Your gut bacteria changes based on the foods you eat and can change how you digest foods and taste

buds. You adjust your digestive system by eating new foods in only one meal. In two weeks, you will have a new digestive system that likes to digest plant foods.

Check if you have parasites. The main symptom of parasites is a random extreme hunger for certain foods which may severely hinder your ability to switch to a vegan diet. Check with a doctor to check if you think you have parasites. Parasite cleanses are available. Fasting is a good way to cleanse your system of parasites. Parasites are in some meat products, so good news is you can sometimes get rid of them by avoiding meat.

Modern processed foods often contain addictive chemicals. According to Kevin Trudau, this is to make a profit off of addiction! Table salt and artificial sugar is chemically addictive as well. Unfortunately, some of these ingredients are not listed, avoid eating foods from publicly traded corporations. A few major corporations control most of the food in the US, often through subsidiaries to give the illusion of choice, check the labels on the back. An example is Quaker oatmeal is owned by the publicly traded corporation Pepsico. You may also be addicted to foods not because of the chemicals but rather than the fact it has animal products in it.

Be self aware of the foods you eat, make sure that you are not just eating foods that make you feel good when you eat them but ill later. Practice delayed gratifications, live for long term satisfaction than short term pleasure.

Making smoothies is a great way to transition. It is how I personally transitioned. It helps adopt yourself to plant foods and they taste absolutely delicious. They take very little time to consume and are high in nutrients. Juicing is good, but do so in moderation and do not juice if you have diabetes.

Some people who try to transition to a PBL don't eat the right foods. They want to eat artificial sugars, high carb processed foods, etc, just because they don't have animal products in them. That's not an ideal approach. This can cause you to go back to carnism. You want to eat healthy, whole fresh fruits and vegetables, largely unmodified from the form nature intended. Try to avoid eating large amounts of white bread, white rice, pastas, processed foods, and artificial sugar. Refined carbohydrates and sugars can lead to unexpected health problems. Eats lots of whole raw organic fruits and vegetables.

There are plant food versions of almost all meats, find the ones you think you would like and buy them. They are found in nearly all grocery stores, but especially health food stores. If you can't find any near you, request that they bring in more plant-based meat alternatives. They aren't the healthiest foods in the world, but they can help you transition by tricking your brain into thinking it's eating meat when it's not. They look and taste similar to meat.

Bacon, ham, sausage, chicken, turkey, steak, tuna, hamburgers, hot dogs, milk and cheese can be made with soy, wheat, rice, hemp, beans, quinoa and other plant-based products. Brands include Gardein, Tofurky, Beyond Meat, So Delicious and others.

Most restaurants have plant based foods, if you are unsure, ask the waiters or management. Mediterranean restaurants, Indian, Asian restaurants have plenty of options, and they are my go to.

From my experience, fasting is a great way to transition as well. You have to be careful when fasting if you have certain diseases and disorders, but most can do it just fine. What I did is I made myself hungry, then I would eat plant foods. When you are hungry, food tastes much better, making it easier to eat foods you don't like. However, all foods are essentially an acquired taste, because our taste buds and our guts can adjust to liking almost any food. I like foods now that I didn't like before. It requires discipline to fast, but if you have it, fasting is a powerful way to transfer to a PBD.

### **How to influence others to Plant Based Lifestyle/The problem with militant Plant Based Lifestyles**

Zealous and Militant veganism is hurting the cause. The idea that we are going to change the world by yelling at people and insulting them is not realistic. I understand militant vegans however, because what is being done to animals is a crime to the highest degree. It is causing so much suffering to all living beings, not just animals. Just remember you can channel that anger into positive change by using more effective methods of communicating information. You can be compassionate for animals and try to be emphatic and understanding with people, doing so will help you influence people to change more effectively than yelling. Love people for what they could be and educate them from that perspective. If you really wish to make change, try to understand group psychology and how to influence people. Speak the truth no matter what, do not back down. Speak for those innocent animals or are being enslaved, murdered, tortured, and raped, speak as if YOU were those animals! Try to be sympathetic and understand that the people we are talking to have been raised since they were young to believe in carnism. Most are willing to change if you get through the programming enough and are persistence about educating them. Some will be easy and some may be too programmed to change (or atleast it would take an unreasonable long time to a change), don't waste your time on these people. Often with these people, you are planting a seed of an idea that will grow into a tree that may cause them to change lifestyles later on, so don't think your effort was useless, some people take time and some people have to contemplate ideas for a while before they change.

We need to influence people if we want to change the world, it is necessary. We need numbers. The animal product might destroy the world if we don't fight back.

The numbers that PBL is at right now are not enough to change the world, each time we convince someone, we are getting closer. That is worth celebrating. We have to take it one person at a time or one step at a time. Don't get bogged down into thinking you have to convert everyone in a day. Just try one person at a time or a small group. If you can make a good presentation, video, song, etc and post it online, you can easily convert millions!

You can maintain a PBL by surrounding yourself with family and friends who support your choice. You can turn a plant based diet into a PBL. Try to understand it as a way of living rather than just a dietary choice. Study ahimsa and religious traditions such as Seven Day Adventist.

When you try to adopt a PBL, I believe in you no matter what your circumstances. The universe/God will help you in trying to change in incredible ways. It will be easier than you think. Have the desire and the faith that you will become PBL, and the way will be shown, one step at a time.

# Health

Having vibrant health helps to manifest your desires. It helps you focus on your energy better and feel better thus creating your dreams faster. In the following sections, I will explain way simple ways that vibrant health can be achieved.

## **Positive thinking**

Positive thinking is the key to health, everything else is secondary. Without positive thinking, the rest is irrelevant. You can develop positive thinking by reading and listening to motivational material. Reread the first chapter of this book.

## **Electromagnetic Chaos**

We are constantly being bombarded by electromagnetic frequencies! These include waves from radios, satellites, cell towers, etc. There is a lack of science in this area as to what these waves are doing to our health, but science is emerging on the negative effects of these waves. Even those in the most remote part of the world are getting attacked in the electromagnetic smog that the earth is enveloped in.

Advanced military technology can be used against citizens called “targeted individuals.” These individuals are harassed by DARPA military tech that can send negative thoughts and elicit emotions up to the point of suicide. A signal can be sent from a remote region and target virtually anywhere in the world. The Voice of God was a technology used to almost telepathically give messages to terrorists to back down, by claiming that God wanted them to surrender. It is being used against certain beliefs, sexual orientations, and individuals the government doesn’t like to shut them down. These technologies can even effect a person’s physical body.

HAARP (High Frequency Active Auroral Research Program) can effect our mind. It is a remote Alaskan massive military research project that officially is used for communications with submarines and for missile defense, radar, knocking out communications, that has alleged by some researchers such as Jerry Smith to be used to manipulate the minds of people. It was used to irradiate the battlefield prior to Kuwait in the Iraq war on combatants unwilling to give up, then these combatants gave up. The combatants experienced nightmares, tremors, sleep deprivation.

Jesse Ventura, a former governor and Navy SEAL was denied entrance into a military facility by HAARP staff and the Navy.

Dr. Nick Begich Jr is an author, lecturer, and researcher into HAARP, especially on the influence of the mind. He explains that it can be used to change the emotional states of people.

HAARP is always active and could be effecting all life on earth, even if you aren’t a targeted individual.

Those negative thoughts you have might not be from you, this is something to consider. The government wants you disempowered, perhaps they are sending negative messages to the population via HAARP? Maybe some of those thoughts in the etheric field is not “the devil” or “evil spirits” or from negative people, but military technology. Thankfully, positive thoughts

overpower negative thoughts and EMF protection devices exist to prevent these negative thoughts from entering your mind.

Unplug electronics in bedroom at night as well as wifi, this will help sleep because you are getting rid of "dirty" electricity which you do not use when you are sleeping. This might improve your sleep, energy levels, and reduce stress while increasing focus. If you wish, you can unplug any electronics you are not using in the room that you are in and plug them in when you are using them. That and get an emf protector, such as an e pendant and wear at all times, except for when you think you will lose it (swimming for example).

## **Water Quality**

Water quality is a criminally underrated aspect of health. It is more important than food for survival. Most can survive a month without food, but only a week at most with no water. Water is not something that can be simply replaced by drinking soda, juices, etc. Pure water is necessary. Most water is not fit for drinking, especially in the United States. Water contains chemicals such as atrazine, lead, chlorine, fluoride, and other toxic chemicals. These chemicals are in the water for several reasons. One reason is the run off of fertilizers and waste in the agriculture industry. Another is oil spills. Chemicals are dumped into fresh water sources and then served back to the community! Some even suggest that the government is putting chemicals into the water to make people dumb and sick! The water is not purified enough to drink. Water should be tasteless, most people think their water is tasteless because they get used to the taste since they have drunk the same water for years and have not drunk any water outside their local community. I encourage you to drink some quality distilled water and then drink some of your local water. You can taste the difference! If water has a taste, something is up, that is why you must get a whole house water purifier or buy high quality purified water. A shower filter is also a good option and some can even be brought traveling. It's a good idea to avoid pools, special public pools, hot tubs, and wet saunas unless they don't have chlorine and other chemicals, however this is usually the case and you are absorbing these toxins in the skin. If you spend a lot of time in pools you will notice your skin feeling irritated, this is probably why. You absorb water through your skin, so you can't skip on the shower water quality.

## **Air Quality**

We breathe almost 24/7. Air quality is the pillar of health. A human being can't go for more than a few minutes without breathing. Even then brain damage may occur. Air is the source of life in us, it gives us our vitality in every portion of our body. Breath work is a large part of the Eastern exercises and meditations, because they understand how important it is. Using breath you can enter alternative states of mind. This is why there is no such thing as fasting from breath!

What most don't know is that the water inside your house is probably more toxic than outside! This depends on where you live. You can check the air pollution at <https://waqi.info/> and <https://>

[www.airnow.gov/?city=Melbourne&state=FL&country=USA](http://www.airnow.gov/?city=Melbourne&state=FL&country=USA). If the air quality is good, I would recommend opening your windows and letting the less polluting air flood your house. The air in homes is recycled air. Indoor air can contain pathogens, viruses, mold, dust mites, mold spores, bacteria, allergens, odors, pet dander, viruses, smoke, and volatile organic compounds. These can make you sick and cause respiratory problems! Most do not keep their windows open enough to let fresh air in.

Going outside is a good way to get fresh air into your lungs and is an excellent opportunity to do some deep breathing. Your regular breath should be about 3 seconds in the nose and 3 seconds out nose. If you do much more breaths than this, you are probably stressed and should consider doing the relaxation technique. You can have other test you by making counting your breaths while you are not aware some time during the day.

I would recommend getting an air purifier, use this inside your house and especially the room you spend the most time in.

## **Walking**

Walking is an excellent low impact exercise for people of all ages and almost any medical condition. It has incredible benefits, yet requires little time and energy to do. Most humans on earth walk several miles a day, but the average person in the Western World walks less than one! This is likely of the reasons why the western world is plagued with diseases and stress. Walking can produce a meditative state in many especially in secluded environments in nature. It is an excellent time to practice deep breathing and environmental mindfulness. According to health advocate Kevin Trudau, looking a far away objects has many benefits when you are walking.

Walking is the most best exercise, it is easy and simple. It has anti-aging properties. Walking barefoot has even more benefits because of grounding, which I will get into.

## **Grounding**

This practice is also called grounding or earthing. This is the practice of getting your physical body connected to the earth. If you wear rubber-insulated shoes, you are not getting any benefits of grounding. You can do this by standing on the physical earth (grass, sand, dirt). You can lay on the ground, sit on ground, walk, run, any physical contact will give the benefits. You can do gardening as long as your a touching plants and dirt, using gloves and boots will prevent you from reaping the benefits of grounding.

Another way of grounding is to get into a pool of natural water, such as a lake, river, or ocean. I will personally say that going to the beach and getting in the water for a bit will make any unnecessary obsessive thinking disappear, often for weeks or months.

I would recommend that you not wear shoes in the house if you do, this is something some people forget. Many people understand the concept of grounding, after a day of work they will take off their shoes and walk on the ground with bare feet and feel a sense of relief.

Earthing provides a good supply of antioxidants and electrons which destroy harmful free radicals. Many reports benefits such as improved energy and mood. There is a massive list of reasons to try earthing, which I have in the references.

Here are some:

- More energy
- Less inflammation
- Less pain
- Better sleep
- Slows down aging
- Prevents Cancer
- Lowers stress
- Improves blood sugar (useful for diabetics especially)
- Improves healing from injuries and strength training
- Improves immune system
- Shields against harmful EMFs
- And more!

## **Sunbathing**

The sun is healthy for the body. According to Health advocate and insider, Kevin Trudeau, the sun does not cause cancer, what causes cancer is the million of other things people do that causes cancer. If the sunlight causes cancer, we would all probably be dead. Sun cancer is caused by nutritional deficiencies and lack of sunshine, people do not build up their tan, and by the belief that sunlight causes skin cancer.

Foods high in Beta-carotene can help against sunlight damage, it is gotten from all plant foods. Plant foods that are high in beta-carotene include Sweet potatoes, Carrots, Butternut Squash, and Spinach. Toxic non-organic sun screen can cause cancer. If you are worried about getting skin cancer, just build up your tan. If you are of a darker skin, you do not need to worry. People don't go outside enough and they have pale skin, they need to build up their tan in order to not get burned. I NEVER wear sunscreen and I can be out in the sunlight for hours and not get burned.

Vitamin D is a great benefit of going outside and sunbathing. This is well documented, that Vitamin D can't really be absorbed through food, this means that if you want to get adequate Vitamin D, you MUST go get sunshine.

Vitamin D benefits:

- Promoting calcium absorption
- Strengthening bones
- Modulating chronic inflammation
- Empowering immunity

That is only the beginning of benefits of going out into the sun however. The sun also:

- Reduces cancer risk
- Reduce risks of chronic diseases
- Promotes quick and restorative sleep
- The powerful benefits of fresh outdoor air
- Lowers blood pressured
- Improves bone health
- Improves brain function
- Improves mood
- Reduces risk of Alzheimer's
- Makes skin healthier
- Helps children grow
- Reduces risk of cancer
- Can help you lose weight
- Helps with eyesight

Sunbathing feels the best from my personal experience if you do it around noon. It will improve your mood and give you phenomenal energy. Sunbathing at morning or late afternoon is great on days where it is very hot. You do not need to worry about uv rays as long as you build your tan.

## **Exercise**

Movement is important for health, our ancestors moved almost any time they were not sleeping. Sitting for hours a day is a modern concept and an unhealthy one. Even if you exercise and go to the gym for an hour or more, if you spend the rest of the day being sedentary you will not be active enough. Frequency is more important than duration and intensity. Sitting isn't done correctly either, most people are slouched forwards or back, this is

an unnatural position for the body to be in for an extended period of time, causing spine problems.

I will get up every 30 minutes. During this break, I will do some stretches and also some walking or jogging in place. This will negate much of the problems with sitting. I notice that I never get fatigued by doing this, usually fatigue from sitting happens every 30 minutes, these simple exercises kill fatigue! Messages and qi gong are great during these breaks as well.

Movement will make you more intelligent, athletes do better in school than sedentary students on average. The reason we have a brain, is to move. If we don't move, our brain is not being fully utilized! Movement stimulates certain parts of our brain that are not stimulated otherwise. Plants don't have brains because they don't move, because they don't need to move to get their nutrients.

## **Diet**

I would recommend eating a raw organic vegan diet. Raw food is food that is not cooked or processed by machines. It is not food that is refrigerated or put into a box. A good example is a seed or a nut.

According to Kevin Trudeau, If you eat seeds and nuts and want get the maximum amount of nutrients, eat them unhulled and with the shell around them. When they are hulled, the nuts are exposed and they oxidize which destroys much of the nutritional content, depending on how long it takes to get from the farm to your mouth. Nuts that are hulled have been theorized by some to be poisonous. When you are eating nuts and seeds, you do not need to eat much, if you are eating them as they are in nature.

Diet and nutrition is complex and doctors will argue that different diets are better. The best diet for you in my honest opinion, it to eat what you want, when you want, in the amount you want. People have been healthy on all sorts of diet, diet is not one size fits all because we are all different. As long as you are self aware of your eating and how you feel not just now but after you eat a food, you should be fine. Practice delayed gratification, this means you might eat a cake and it tastes amazing, but later you don't feel good for hours. It's an exchange you have to be willing to make, whether you should or should you not eat something.

Veganism is an absolute must as I have stated in the vegan section, because it is a requirement to being a moral being.

## **Immune system**

Our world is overly sanitized, this is unnecessary and makes our immune system weak. It isn't stressed, so it becomes weaker like an atrophying muscle. Bacteria, both good and "bad", helps us develop our immune system, so some exposure is good. Antibiotics kill a lot of the good bacteria in our digestive system which can cause massive health problems, especially relating to digestion and mental health.

I would still recommend that you clean your hands with natural anti-bacteria soap and sanitizers so that way you don't get others sick if you are going to touch them. The same for washing dishes and you have guests over. The reality is that some people have poor immune systems. Perhaps you can encourage them put tension on their immune systems, unless they are very immune-compromised of course.

Some people are hypochondriacs! This is when people think they are going to get sick all the time, if you think this way, you will find that you are! Washing your hands too much can cause your skin to use irritated, this is generally not true however if you use natural soaps and sanitizers.

Bleach is a toxic chemical that should never be touched, use gloves if you are using bleach. Bleach gives off a pleasing aroma to some, but this aroma is harmful for the respiratory system, air quality is critical! If you use bleach, hold your breath and use an air purifier.

Most soaps, detergents, fabric softeners, are toxic as well. They should not be touched with bare hands or breathed in. If you develop your immune system by practicing good health you can eliminate the need for this bacteria-annihilating solvents and use natural ones. Bacteria is actually good for you body if you are not immune-compromised.

Ways to improve immune system:

- Get vitamin C
- Sunbathe
- Go outside
- Reduce stressed
- Get enough sleep
- Deep Breathe

### **Showering**

You do not need to take a thorough shower every single day. Taking a shower is only necessary to get rid of dirt and sweat. I would recommend taking a shower before social events if you have not taken one in a day because you do not want to be that filthy and smelly person! You do not know what the immune health is of others is as well, so this is out of respect. When you take a shower, you do not need to scrub your whole body each time, only the parts that are important. You are rubbing the oil of on your skin if you scrub each day on your whole body. The most important areas are the groin, glutes, feet, and underarms. Everything else can be scrubbed perhaps once a week or before social settings.

### **Circadian Rhythm**

Your body operates in harmony with the time of the Earth. This happens even if you are not exposed to the sun or outside world. Our bodies know what time of the day it is a releases certain hormones that effect us greatly. It is helpful to adjust our schedule around the release of these hormones. These hormones are released around certain times, they are similar, but

not exactly the same for all human beings, except those with circadian disorders. If we shift our schedule to a more natural time, we can achieve greater focus, productivity, happiness, and energy.

A schedule that has worked for me is sleeping at 10 pm and waking up whenever my body feels like is ready to awaken.

You do not need an alarm clock unless you have plans for early morning activities or work. Alarm clocks cause some people to stress. If you want to use an alarm clock, use peaceful sounds that gradually increase in volume. You can program your mind to wake up at a certain time by telling yourself to wake up at certain time right before you go to bed.

We are diurnal organism. This means we operate during the daytime naturally. Our bodies are designed to operate during daylight hours, in other words, ideally you should not be sleeping during this time. We have color vision, which is only useful during day time hours, We are foragers without night vision, so we can't see food during the nighttime, in other words it isn't ideal to be eating when the sun starts to set. This is true for all human being except those with specific disorders. According to Dr. Oz, Kevin Trudau, and Jeff Primack, a Qi Gong instructor, we should sleep during the hours between 10 to 2 am, as our body release certain hormones, but only if we are asleep, During nighttime, our bodies release melatonin, a hormone that helps sleep, this is why many night shift workers struggle. They are working during times when sleeping hormones are being released. The average American adult takes 14 minutes to sleep, so you should rest a little before 10.

## **Reiki and Energy healing**

I believe that everyone should see a Reiki Practitioner and have a Reiki session. It is a profoundly transformation experience. If you don't believe in something beyond the 5 sense physical world, you will after a session. I went into the session with no expectation of it working or not working, this is so I prevent the placebo and the noncebo effect. I felt a warmth and tingling in the areas the healer was working with. I felt a lot of tingling and I actually opened my eyes and I was surprised, I was not being touched by anything. She analyzed my chakras, which basically means she was analyzing parts of my body to make sure things we doing ok. She noticed that my throat chakra which had a lot of negative energy. Each chakra is related to different aspects of a person, not just body parts. The throat chakra is associated with communication, expressing yourself, body language, realizing your purpose, and the ability to put your ideas out to the world. Think expression and socializing. Anyways I had struggled with trying to over the years deal with social anxiety and feeling stressed with crowds. After this session, I felt no social anxiety with others in crowds, I felt more expressive. They are excellent at clearing out negative programs.

I have had problems with saying how I truly felt to others, but after this I didn't. I don't know how it works, but this is something that is absolutely life. Positive thinking and Reiki has made me a new person.. JOEL SAYS THESE SECTIONS ARE TO THE POINT AND CONTAINING PRACTICAL AND ACTIONABLE ADVICE.

## **Pharmaceutical Drugs**

You need to stop taking pharmaceutical drugs (prescription and non-prescription drugs) and wean off if you have to. Pharma drugs can be addicting and also can cause severe withdrawal symptoms if you stop suddenly. These pharma drugs do provide some benefits, but the negatives GREATLY outweigh the benefits. You need to find natural solutions to these toxic drugs. Much of these pharma drugs contain some of the toxic ingredients street drugs like heroin, meth, opium, and cocaine! Street drugs should be avoided as well. The only time you should think about doing pharmaceutical drugs is if you are in a life threatening emergency situation, such as being in an emergency room.

### **Vaccines**

Vaccines are harmful drugs. Stanley Plotkin, the leading pro-vaccine authority admits that aborted fetuses are used to produce vaccines. What is this doing in our body!

What really made massive dramatic improvements is better diets, sanitation, and education. People for much of history left garbage and waste everywhere, never washed their hands after using the restroom, and lived in overcrowded spaces etc. This causes massive plagues such as the black plague which killed millions. Most people in human history died of easily preventable diseases due to ignorance, not because they didn't have vaccines.

Vaccines are being forced on people because people are becoming aware. Vaccines are created by powerful pharmaceutical companies that have legal immunity, they can push a vaccine on the market and if people get hurt or die from it, they do not have to worry, the most they will get is a gentle slap on the wrist. The government pays out most vaccine injury claims, which means taxpayers pay the burden not the company that produces the vaccine. If any other corporation did this, they would cease to exist!

The medical industry acts like the Spanish Inquisition. Anyone who doesn't fall in line with the others gets their funding and grant money cut. You could lose your job for posting information that is critical of the mainstream industry, even if it is true and it would help people become healthy. They don't want people to be healthy, they want to maximize profit. Curing diseases is less profitable than selling treatments, because you have to come back to the doctor if you just treat diseases. Many vaccines have side effects which require other drugs then those drugs have side effects, so you need more drugs, its never ending cycle which makes the pharmaceutical industry billions.

Vaccines contain ingredients that should not be in there if the purposes of vaccines were truly in helping people develop immunity. Mercury and Aluminum especially stand out, these should only be in our bodies in trace amounts from natural foods!

According to a study in Tianjin, China 1 in 4 children got measles from a measles vaccine despite the fact that 95% of the population was immunized. This calls in to question how effective the herd immunity theory is as well as the efficacy of vaccines.

The vast majority of vaccine injuries never even get reported, which means these figures are much higher in reality. Most conventional doctors don't even know how to properly identify vaccine injuries, and thus never report them, because the vast majority of medical schools intentionally avoid teaching them how to do so. This is why there may not be much information about vaccine injuries, but there is emerging evidence.

# The Final Chapter

## Introduction

Before you read this Chapter. I recommend you put the book down for a month and apply the rest of the info in your life, then come back. In this chapter, I recommend you only read a section at a time a day and ponder on it or perhaps even just a paragraph or sentence. If you wish, you may read more than one section a day. There is a reason I am asking this, it will become clear as you read it.

Natural law is the laws of the universe and morality. The laws are eternal and can never be changed. They are inescapable and if you violate them you will be punished by The Creator (God). The moral principles of nature law are:

- Don't steal
- Don't murder
- Don't rape
- Don't willfully lie
- Don't trespass
- Don't assault
- Don't coerce

### **The law of cause and effect**

You can believe that you can do violence, lie, and cheat others without facing negative consequences all you want, but you will still face those negative consequences, sooner or later.

One of the aspects of morality that some people don't understand is the effects of their actions. This is often referred to as karma. What you do ripples into the all throughout the universe and the world. In the Bible, it says, you reap what you sow.

"What we do now echoes in eternity." Marcus Aurelius.

Think of morality as this picture:



This person, for example, pushes down a domino. That person doesn't see behind him that there is a domino that is going to crush him, eventually, so he relaxes and sees that he is OK and simply sits there. Suddenly, he discovers very quickly that he will be crushed, however it is too late at that point and he is crushed.

We need to think of morality in the same way. We need to think of morals like in physics how everything in nature has an equal and opposite reaction, the same applies to morality.

In others words, sometimes our actions have consequences later in time that we may not even realize. Sometimes our actions have immediate consequences. Sometimes we do notice the effects of our actions, if we do, we should take a mental note of what we did and the actions that resulted.

Even if you do a violent action and nobody catches, you doing it for your entire life, you are still going to be punished for that action. Many people believe you can “get away” with doing violence as long as your aren’t caught, but while man’s law (government) can be evaded, nature law can’t be evaded, you will be punished by nature law 100% of the time. They same is true for a good actions. The law of give to get is also the law of cause and effect

Here is an example of this law, called the law of cause and effect, which can be for the benefit or determent depending on their understanding of it and it’s application.

Positively a person could give someone a gift, that they received no benefit from, such as a money to a friend with an ambitious project. This friend needed that money in order to start a business which goes on to employ many people and delivers products or services that bring great benefits to all of mankind. This is not an uncommon story.

Negatively, a person could rape someone and blackmail them to keep it a secret. The rapists goes on to live their life knowing that the person will not tell others because of coercion. However, secretly, one day the victim gets enough courage and tells others. Then the next morning, the rapist house door is knocked down and they are dragged into prison for the rest of their life. This is not an uncommon story.

The law of cause and effect and natural laws are testable. Start living the principle of natural law in your life and you will notice massive increase in happiness, energy, health.

### **Natural Law Principles**

What is are principle? Principles are the most important aspect in life to live. A person without principles is not a person at all. A man who does not have something he is willing to die for is not fit to live -Martin Luther King Junior. These most important principles to live life by if you wish to be successful, I do not mean successful just by mainstream societies standards aka having a large amount of money or social status. However by living these principles, you will be able to gain these if that is your desire. By living these principles, you will be able to have a peace of mind, have harmonious relationships, a healthy body, a sharp mind, critical thinking skills, and much more. The following principles are thought of in a negating sense. To be a moral person we must NOT do certain actions. It is more important what you don’t do than what you do when it relates to obeying natural law The reason many people are unsuccessful and unhappy in life is because of behaviors and habits they do that are detrimental for their mind, body, and soul. The most common is carnism, which is why I have a chapter on it. Anyways the most important action we must NOT VIOLENCE TO ANY BEINGS.

The next natural question is, what exactly is violence? Violence is doing harm to another being or their property when they have not harmed you or your property. Forms of harming include, theft, assault, trespass, murder, coercion, and rape.

The next question is, what is property. Property is a material object or land that someone owns and is responsible for. They gained the property through peaceful means, in other words, they did not steal it or used deceit to gain it. The person actively use the property or inhabit it frequently enough that it could considered not abandoned. You can not claim to own property that you can not access, such as the sun, moon, or the entire earth.

So what is a being? A being is an organism (person or animal) that is capable of feeling emotions and pain. This would include us (humans) and animals. Violence done to animals includes, for example, hunting and animal slaughter.

Morals apply to all human beings, because our brains have the capacity of understanding higher moral capabilities than animals, such as whether it is right or wrong to steal someones property. Animals do not have this capacity, so they are no morally obligated to obey natural law.

Every individual being has the same rights. People do not have more or less rights than others. For example, Police can't break into someone house and arrest them for a nonviolent crime, that is wrong no matter who does it or who they claim to be working for. Groups of individual can't create more rights for others or take away rights from others. A group of people can't get together and say, I have the right to rob because the majority have decide they have the right to do. A great video on this is by Larken Rose in the video "I allowed to rob you." However, most falsely believe that if a group of people called lawmakers or politicians get together they can rob you (this is called taxes).

You look at that scenario where there's only two people involved. If there's no violence is done by an act, then that action is a right. If there is harm that results as a direct result of the action that the first person is doing to the second, then that action is not a right, it is a wrong doing. And that does not changed with numbers. That doesn't change as a population grows to 1000 people or any number. Individual actions that do not cause harm to another being are rights, while actions that do cause harm are wrong doings. You cannot make a right into a wrong. You cannot make a wrong into right. You cannot delegate rights to people. You can't remove rightfully rights from others if they have no violated others rights. These are illusions. These are belief systems that exist to prop up this notion that government is morally legitimate.

### **Moral Objectivity**

Morals are also objective. That means that people do not get to legitimately decide what is right or wrong. People can pretend, but that doesn't make it right. What is wrong is what has always been wrong throughout all time and places. Just because the murder of gays in Saudi Arabia is legal doesn't make it right because a group of people decide so.

Morality objecivism and Natural Law still allows you to make up your own rules for own property. However, It is never OK to steal or assault someone even if the property owner says

it's OK and it's on their property. Just because you are in someone's house or on their land doesn't mean they have the right to kidnap you or do what they want with you.

The justification that moral relativism is OK because some countries have laws that say that a certain action is moral and legal and others are not is a false justification. Ultimately, nations and government claim to own property which they do not own. They claim to own property that isn't theirs when it's actually owned by others. You must pay property taxes or your home is taken from you. If the government wants to at any time, they seize your property and make you homeless by eminent domain. Any objects you own can be taken by the police as evidence of a made up crime using civil asset forfeiture. Governments also claim to own territory that is owned by nobody. In order to legitimately own property under the laws of nature, you must physically be present on that property frequently enough to be considered yours (or in other words, not abandoned.)

If morals are not objective then every individual or group of individuals in a society can decide what is right and wrong. This leads to infringements on human rights such as the right to live, not be stolen from, and to be secure and not trespassed on. If morals are relative, then it is perfectly OK for people to do whatever they want to you without stopping them because what they do is moral. The concept of morals is best understood as: DO NOT DO ONTO OTHERS AS YOU WOULD NOT LIKE TO HAVE DONE UNTO YOU. So in other words, if you do not want to be stolen from, do not steal. Stealing, for example, is wrong because every human being knows it deep down that is wrong and would hate for it to be done to them. Any person who says this isn't true is lying to themselves or has never been stolen from.

Any society which endorses dishonesty, murder, war, rape, violence, etc has always led to its collapse. All empires fall. There's a difference between natural law and man's law. Man's law is the law of might and the law of "We have the guns, we rule over you." Natural law/God's Law is "You are born a free being who can do whatever you wish as long as you don't do violence to others." It is not truly man-made laws that prevent people from violating the laws of God, but karmic consequences and emotions. If we do something wrong we feel bad. Most human beings know at the core of their being that they will be eventually be punished even if we evade man's law. We should learn from history and decide individually and collectively to be peaceful in our interactions with each other to create lasting peace, prosperity, and happiness.

Likewise, a person that is dishonest and violent will never have a healthy mind or body. They will never be successful in the long term. They may be able to gain large amounts of fame and money, but they will never be happy, because their entire life was built on lies and the suffering of others. If they seemed to be healthy and happy they aren't, inside they are miserable. Everyone knows a depressed person can fake a smile, only those who have an understanding of others body language or can feel others can tell. Being dishonest and violent does immense harm to a person who lives like this, not just on body and mind, but the soul and afterlife as well.

Morals are like the laws of physics. People will say that laws in the universe such as gravity are immutable, eternal, and omnipresent, but morals are not. This is false. Think of gravity, a child that wanders off a cliff will be affected by the laws of gravity by falling down. It doesn't

matter if the child believed in gravity or not. If they thought gravity was not real, they still would have fell. Morals work in the same manner. You can believe that you can do violence, lie, and cheat others without facing negative consequences all you want, but you will still face those negative consequences, sooner or later. Even if there was no man's law you would face the Wrath of God and Nature. There is word for people who are moral when it isn't seemingly beneficial or when they think they won't be caught, its called integrity. You are never alone, all actions are being judged by the Universal Law Maker (God). Don't be universal law breaker.

The consequences of your actions may not reveal themselves until later, possibly even after death. You will never be able to escape the consequences of your actions. No matter how many lifetimes it takes, you will learn that you must obey natural law and live in harmony to reach the next level of consciousness and to ascend beyond human form. If you do not, you will be continue to live in human form in possibly an infinite number of lifetimes, or you will devolve into a lower life form such as another animal, making the lesson of learning natural law even harder to learn and requiring more time. You will more suffer more as well. Obeying natural law is the only way to alleviate pain and to bring about a happy life and a happy afterlife.

### **Quantum Morality**

Quantum morality is the morality of a group of people, specifically all of humanity. We must understand that everything we do does not happen in isolation. Everything in the universe is ultimately connected, there is not such thing as separation. In the science of quantum physics two particles can be distanced an infinite number of miles away and one particle being changed will change the other.

An example of quantum morality are tragic world events like 9/11. 9/11 had profound effects on the minds of millions of people who had not even heard the event, who suddenly felt sorrow and pain. A similar effect happened on Armistice Day, the end of WWI, when many people woke up in the middle of the night and walked outside suddenly after the war ended and starting dancing, singing, and smiling. This proves that everything we do has effects, so we should be careful of what we do.

God created every individual to create a perfect world if we all knew this and acted on it, we would create a perfect world. We are all a piece in the puzzle, but most pieces are still the box. Each puzzle piece that is placed gets us closer to your our ideal picture. Once a puzzle is mostly completed, getting the extra pieces is not necessary for creating the picture we want.

All is one. Everything in the universe is connected to everything else, at the quantum level. Every atom has been quantumly entangled since the beginning of the universe. According to most scientists, the universe started off as one being and still is. Interestingly, this theory was created by a Catholic Priest Georges Lemaître. Think of your organs, they are part of your body, yet still independent. This is true for humanity and all biological life as well (and possibly even non living objects). Earth is a massive super-organism.

You are made of atoms. Atoms in your body make up cells. Cells are part of organs. Organs are part of your body. Your body is part of the Earth. The Earth is part of Solar System. The Solar System is part of the Milk Way. The Milky Way is part of the Universe. It is worth noting that Uni means one. We are all part of the one.

Individuals exist, but everyone is connected. If someone is harmed, then I am harmed. If I am harmed, so is everyone else. There is no such thing as sacrificing an individuals rights for the common good because you would only hurting the community. What is good for individuals is good for the group, and what is good for the group is good for its individuals if it doesn't infringe on their individuals rights.

If you do something that causes someone else to suffer, you suffer. If you help someone, you prosper. I am you and you are me, at the fundamental level. This concept can be found in Buddhism (Dukha, Ahisma, Karma), Christianity (1 Corinthians 12:12-27 and Galatians 6:8), Inlakesh in the Mayan religion, and in other religions as well.

This does not mean that you should let yourself and others be accosted with violence or coerced either. You should use enough force to stop the violence so that way you can end the suffering. Of course it is preferable to tell the attacker to stop. But sometimes, it is required if the attacker persists after warning.

Animals are also included as well, as long as people use violence against animals, the individuals who use violence will suffer and so will all of humanity (because of the poisoning of the Earth's atmosphere and the creation of negative programs in the ether). Other people's individual actions can affect you negatively, which is why we must educate others into acting in harmony with natural law. We live in a physical world and the consequences of our physical behaviors have physical consequences, these consequences do not come from the minds of man, but the laws of the physical universe. The laws of physical universe and morality are the same. People need come to a level of education and awareness that we do not do activities such as hunt, fish, kill animals, enslave animals etc. However, human rights are more important than animals, because we are at a higher level of consciousness and have greater potential for positive change in the world. You can't rightfully kill a person because they killed an animal. Animals will never be respected until human rights are respected.

All non-animal biological life should be respected as well, however, they are not capable of emotions. Plants and fungi can be harvested and eaten with no moral consequences. However, actions such as fracking, extracting oil, and deforestation are harmful to Earth, animals habitats, and ultimately humanity if there are done excessively. Humans have the right to do these things, but it is not in our interest. For example, I am saying that nobody can point a gun at you and say, stop drilling oil or I will hurt you (if you didn't harm someone or there property by drilling the oil, some have suggested fracking may earthquakes, according to Sandy Ebersole Geological Survey of Alabama). We should not make man-made laws against these practices, but come to a level of education and awareness that we do not do these activities. Human rights are more important than the environment and the environment will never be green unless human rights are respected by everyone.

Some proof of humanity thoughts and actions affecting earth include the effect of 9/11 on the Earth's electromagnetic field and computers  
<https://blog.nationalgeographic.org/2011/09/06/911-and-global-consciousness/> and the Global Consciousness Project. It is worth noting that the evidence is not overwhelming, but there is some.

In 1960, Maharishi Mahesh Yogi predicted that one percent of a population practicing the TM technique would produce measurable improvements in the quality of life for the whole population. This phenomenon was first documented in scientific research in 1976 when it was found that when 1% of a community practiced Transcendental Meditation, the crime rate was reduced by 16% on average.

This effect has been replicated in other areas such as Washington DC,

When we change our thoughts, other thoughts of other human being change. When a behavior is done by a critical mass of people (51%), humanity learns this behavior immediately, even if they are far apart and have no contact. This has been studied and proven by scientific research. It is called "the 100<sup>th</sup> monkey effect"

There is strength in solitary. Stop being intolerant and arguing over little things that don't matter such as the clothes someone has or the way someone looks at you race. We need to get together and find out what is really going on. Disconnect from dis-empowering systems that do not empower you or humanity, that is the only way to stop these system, and this is easier to do when you have numbers.

Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.  
-MLK Jr.

Therefore everyone should try to be the most moral they can be. Also, they should encourage others to be as moral as they can be. BUT IF NOTHING ELSE, DO NOT VIOLATE OTHER HUMAN BEINGS RIGHTS.

The following section is an excellent meditation to do for quantum morality.

### **World Peace, Love, Freedom, Well-being, and Abundance Prayer**

This is a meditation that I created for world peace. World peace is only impossible if you can't see it in your mind. Expand your imagination by practicing this. I do not know for absolute certain if this makes the world peaceful on an individual level, but in numbers it should, due to the Maharishi effect. It makes me feel happy and gets me focused on serving others and that alone makes it a worthwhile meditation.

When you imagine how you want to be in the world, the world changes how it is.

I like to start out imagining that everyone is lined up across the world with hands holding and they are dancing, singing, and hugging each other. I like to myself doing the same while feeling the emotions of having a blast and feeling so much joy, love, and peace. I sometime like to see angels, spirits, aliens, and even evil spirits joining in on this. Our enemies need prayer and healing the most! A healed person would not think evil thoughts or commit evil deeds.

This is what I see, use your imagination, get emotionally and personally involved.:

- Abandoned military bases, because there are no war, there is only peace.
- Empty prisons because there is no crime and there is only harmony and abundance.
- Empty police stations because there is no crime or tyranny, only freedom and harmony.
- Empty courthouses because we all get along and there are no disputes.
- No borders, because mankind is unified, there are no families being separated.
- Empty hospitals and clinics because there is no sickness, all are healthy. There are no genetic disorders. People are safe and do not have accidents.
- Empty government buildings, because there are no rulers, only freedom, peace, and harmony.
- Empty banks because everyone is financially abundant and there is no need for loans.
- Empty tax offices, because we give to each other as needed, not by compulsion or force.
- Empty slaughterhouses and animals being free in the wild, because we do not kill them for resources.
- Empty foster homes, because all children have a house and loving family
- Empty animal research labs, because they are set free and people realize their lack of necessity.
- Vibrant ecosystems with all animals getting along because animals do not kill each other for food
- Clean oceans because there is no oil drilling, toxic chemicals being dumped, or fishing.
- Free energy technology being everywhere because we live in abundance and do not pollute or destroy the earth to sustain our energy system.

These empty buildings I see being museums or are replaced by quality schools, places of worship, grocery stores that serve healthy foods, holistic health centers, gyms, and other places that serve mankind.

### **Peaceful Parenting**

Fundamentally, the root of all good and evil in the world is how children are raised. Their health early on is critical. The first 7 years of a child's life affects their entire life after words, Almost all of people's beliefs are the same as when they were a child. Most people will have to fight persistently with great effort to break this programming, which is why most don't.

Parents, especially pregnant mothers, have a duty to be in as healthy state when they are conceiving of a child. Pregnant mothers need to make sure that they are healthy, this includes avoiding all drugs and alcohol, just as an example. Too many broken people are put into the world because of the poor decisions of mothers causing birth defects. A broken

people world creates a world of suffering and disobedience to natural law. Under natural law, neglect of a fetus, baby, or child could be considered a form of abuse and therefore violence

Abortion is almost always a violation of the non aggression principle if they fetus is able to feel pain. An exception is if the birthing process would harm the mother's health to the point she couldn't bear the child or if the birthing process would cause the mother's death. Despite this, I do not support the government banning abortion because that would cause law enforcement to need increased funding and therefore, they would need to extort more citizens using taxes. Also, the government isn't effective at interfering with abortion cases.

Circumcision is always a violation of natural law. Even if the parents, doctors, or priests agree to it, the child's consent is still required, which they can't give if they are a baby. A child is not property of a parent because they created a child, because a person is an independent being. In other words, creating a child is not the same as a carpenter creating a table which he can rightfully modify as he sees fit. Children absolutely do feel pain during circumcision, that is why if you have watched videos or heard it yourself you will hear agonizing cries! According to a multitude of studies found at the Circumcision Reference Library, This pain can cause trauma the baby for many years or for life. We simply have no right to do this. If a person wants to become circumcised later in life they have that right, once they have reached a mature age, is usually for most people around the age of 18 You must watch videos of circumcision if you truly wish to understand how barbaric this practice really is.

Circumcision causes intense pain, and potentially permanent psychological damage. It also removes a part of the boy's sexuality when he becomes a man, he will not be able to feel the same pleasure as a man who has a foreskin and he won't be as fertile.

One justification for this is religious freedom. Religious freedoms mean that you can believe whatever you want, however if you actions violate the freedoms of others, then that belief is dangerous and not included in religious freedom. This is a violation of the child's right to be unmolested.

Tradition doesn't mean that it is reasonable or morally. Slavery was a brutal tradition seen as perfectly morally and reasonable for many centuries, and still is in some parts of the world. Many are blinded by the cultural programming of the culture we live in and most have a difficult time seeing our terrible traditions.

Another justification is that it prevents AIDS, but the most of the studies are done in places with terrible sanitation such as poor places in Africa. It is the equivalent of forcefully chopping of a woman's breasts to prevent breast cancer.

Also, there is a chance that if circumcision is done that the child may not be able to use their penis anymore, therefore unable to regularly urinate or have children.

Sometimes doctors who do this will change the gender of the child to make them the opposite sex by reassignment surgery against their will and they end up becoming depressed later on as a teen or adult and end up committing suicide, all because of false propaganda of circumcision and tradition.

Children can't consent to a vaccine because they are too young to give informed consent due to their developing brain. Children do not necessarily have the capacity to understand and consent to drugs like vaccines, pharmaceuticals, narcotics, or alcohol. Many children feel violated when they are given vaccines, they do not consent. Parents and governments force children to vaccinate themselves. Vaccines are drugs and are regulated by the Food and Drug Administration (FDA). Vaccines are questionable on their health effects on people, review the vaccine health section. Doctors rarely educate patients on side effects. This negligent could be an indirect violation of the non-aggression principle.

Abusive parenting is the cause of almost all ills of society. Good parenting is so fundamental. Parent as if your child could choose any parent in the world, they would choose you. Get feedback from children on how you are doing as a parent.

Spanking is another crime that parents are involved with. It is not necessary for disciplining children, except if the child is doing violence to others, then it is. Discipline doesn't come from punishment, but education. It comes from teaching children right and wrong and teaching them how to be self-disciplined. Once they leave your hands, who will "discipline" them? Probably an abusive spouse. Stephan Molyneux has great content on spanking. Research positive discipline.

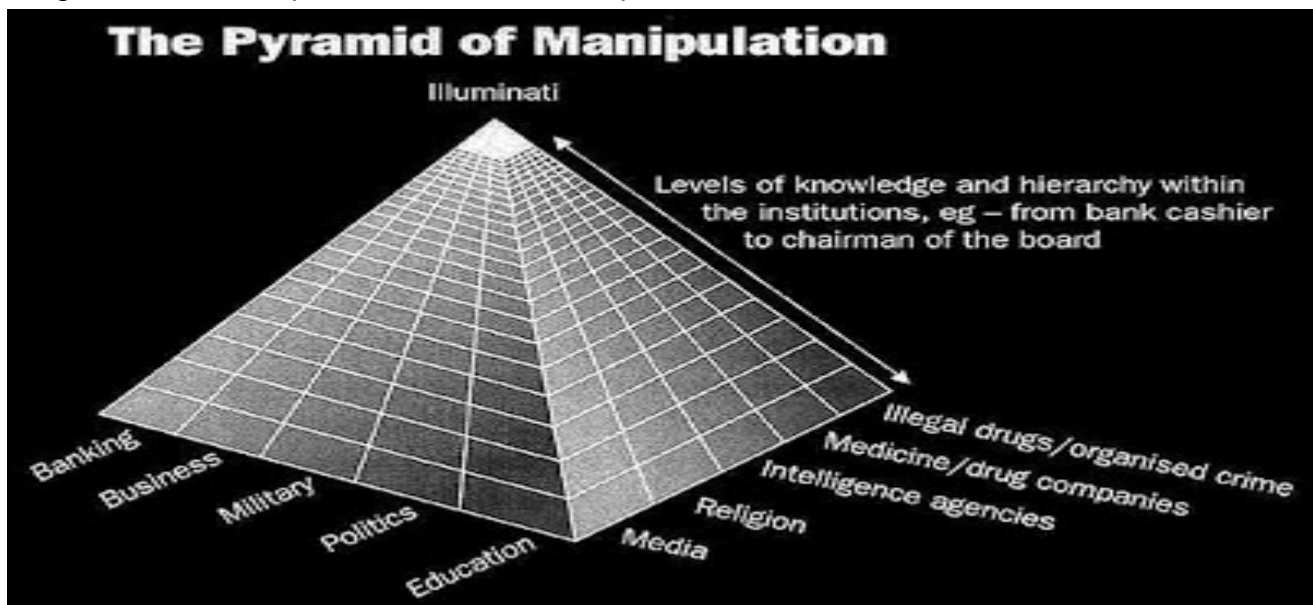
Spanking teaches children to avoid parents so they don't get hurt. It leads to more aggression, low self esteem. This can lead to being an abuser or a victim in a future relationship. It leads to criminality. The more the child gets spanked, the more aggressive they are, which parents use to justify more spanking. It is a vicious cycle. Parents need self-awareness, because frustrated parents who mean well can become abusers. Try to lead by example, children emulate their parents. In the adult world we generally negotiate and argue with people, we do not use violence to solve disputes and disagreements. Children didn't choose to be in the relationship and have no physical ability to resist plus they can't leave. Considering these circumstances, spanking is absolute cruelty. Isn't it interesting that domestic abuse against an adult man or woman is a crime in the eyes of people, but not a small child?

### **Compartmentalization**

Compartmentalization is precursor to the most important section in the book, Right Livelihood

Compartmentalization makes you unaware of the harm you might be doing at your job. The way most corporations are set up is hierarchical. That means that the people at the bottom work for the people at the top, think of a pyramid. There are departments at the job who do not know much about the other departments. The lower levels do not know the higher levels in the corporation are discussing or doing. The CEO is the tip of the pyramid, who knows all there is to know about the company and everyone works for him/her. This structure makes it so that those at the bottom don't know what goes on at the higher levels, people will continue to work for that corporation because they don't see anything wrong with it. This is due to lack of knowledge of what the corporation really does. If those at the lower levels saw what the corporation was doing at all levels, most would likely quit their jobs, so the knowledge of what

really goes in in corporations are kept a secret to the lower levels. Workers at any level only receive what they need to know to continue their job, no more. This creates order following, since people just do what their jobs tell them to do instead of doing what is right. They can't do what is right because they don't know that they are doing wrong because the knowledge of what the corporation is truly doing is hidden from them. This prevents knowledge of what the corporation really does from being exposed, because in order to get the knowledge, you have to work up in the pyramid for a good amount of time, this investment of time and energy most don't want to waste, so they continue to work for the corporation even if they know something is wrong. They won't expose their company because they lose their hard work and time invested, They also lose benefits and their wages. People don't want to risk losing money and their lavish lifestyles. They don't want to lose respect from their superiors and coworkers for going against the corporation. If the corporation is exposed, it threatens the structure because when corporations get exposed, their profits can decrease dramatically when people stop buying their goods and services, causing the company to dissolve. This prevention of being exposed also insures that information doesn't go to competitors as well. If a competitor gets information from another corporation that can help them succeed, it threatens the corporation they stole information from because they will be able to compete more effectively, thus threatening their profits as well. Compartmentalization is especially true for the multinational corporations such as Walmart, Apple, Amazon. This is also true for global government organizations, such as the World Trade Organization and the United Nations. The larger the organization or corporation, the more compartmentalized it must be.



The basic picture below can apply to almost any corporation. You can replace the bottom of the pyramid (banking business, military) with other terms such as grocery at location #1, grocery at location #2. Take a grocery for example. There are departments: grocery, produce, meat, culinary, pharmacy, and more. Each department has workers, which are at the lowest levels. Each department has a manager, and the whole store has a manager. The store manager is under a regional manager. Then there are national managers. Then the CEO and board of directors. As you can imagine, the average worker has no idea what the CEO and board of directors are discussing about the company or their plans. They don't know much

about what other stores or regions are doing, yet all these regions and stores work for the same people.

Publicly traded corporations have a **fiduciary responsibility to make their stockholders a profit. If a publicly-traded corporation doesn't produce a profit, they can be sued by their stockholders. These corporations are essentially slaves to stockholders who only care about money and not morality.**

Now to the right livelihood.

### **Right Livelihood**

The overwhelming majority of people in their day to day lives do not engage in violence. This gets rid of the idea that creating in a peaceful world is impossible or "Utopian." The truth is that we live closer to a peaceful world today than almost any point in history. Thanks to revolutionary thinkers and global trade, the backwards myth and idea for the need for wars to gain your neighbors resources have been debunked and dispelled. In this section I will only be going over the moral issues with this violent practices, in later chapters I will be going more into depth.

There is a major exception in lives of billions of people that people unknowingly do violence everyday. This practice is know as specism. It is using animals against their will to achieve our ends. This includes murdering animals for food and clothing, using them in science such as testing drugs or psychology research, using them for entertainment, and more. Whenever you are willingly fund the practice of the murdering and exploitation of animals, you are committing violence. Animals are proven to feel pain and that means that they can be considered a being. Doing violence to an animal is a violation of natural law principles. You must watch videos of animal abuse and animal farming if you truly wish to understand how barbaric this practice really is. A great documentary on the abuses of the animal industry is Earthlings. Reread the Plant Based Lifestyle chapter again if you need a refresher.

Outside of this, most people do not engage in violence day in and day out. Some individuals in our society violate nature law through they behaviors as part of their job or lifestyle. In Buddhist philosophy, there is an important tenet called Right livelihood as part of the Eight-fold Path. A person should make an income that doesn't involve harming others, the environment, or animals. Here are some examples of jobs that violate Natural Law:

Doctors who do abortions are violent people. For reasons I stated two pages ago.

Doctors who do circumcision are violent people. For reasons I stated a pages ago.

Doctors who administer vaccines to children are violating the non-aggression principle. For reasons I stated two pages ago.

Con artists are violent people. Violence is usually though of as someone hurting someone with a weapon, but violence is also someone who harms a person or their property in ways that also include deceit. Con artists deprive people of information to make an informed choice

or mislead people into making decisions that they would not otherwise make. They trick people in doing something they would not agree to if they were informed in order to profit from the victim. This is a win-lose scenario and is a form of violence. Con artists can include people such as doctors, salesman, robber barons and their cronies, marketeers, politicians, bankers, social engineers, and many more. This is perhaps the second most common form of violence in a society, called deceit, or in other words, profiting from lying. This is what much of our unsustainable economic system is based on.

Order Followers are the people who keep the system of slavery in place. Order Followers are people who do what they are told and do not question whether the order they follow is immoral or moral. Order following is the source of all suffering outside of poor parenting. This especially includes military and police.

There are many cult-like features of police and soldiers such as uniformity, indoctrination, isolation from family, division (us vs citizens mentality). Police departments are secret societies, they only have friends with those in departments and they almost always patrol other neighborhoods. Much of what happens in military bases is kept a secret and is heavily guarded, those in the military are often completely isolated from family and the community for months.

Police are violent people. They actually violate other people's rights. They do not protect people's natural law rights as much as they violate. What will keep you protected from violence is by being a peaceful person and having effective means to defend yourself. Police are policy enforcers, in other words they enforce the policies of the government even if it violates people's rights. Their aim is not to protect and serve, even though that's what they claim to do. Every government controls the minds of their law enforcers to enforce their violent system. They did this by using cult techniques and by symbolism. A police officer would not be a police officer if they truly followed natural law principles. Being a law enforcer means you enforce man's law which changes to whatever politicians say it is. Man's law is immoral. They enforce victimless crimes, which are no crimes at all and it destroys people's freedom and well-being. If a politician says that a person must surrender their property or a person must be killed or assaulted even though they did nothing wrong, the police officer must follow the order or cease to be a police officer. This is not a virtue. A person must always do what is right, not what is the law (man's law). Slavery was the law. The genocide of millions was a law in Germany, the Soviet Union, and in other places. All police officers must quit their jobs in order to be truly a moral person. You must watch videos of police brutality if you truly wish to understand what are the results of order following.

Soldiers are violent people. Every government has used soldiers to conquer land and resources. Then they occupy conquered territories. This is why soldiers exist. Another reason they exist is to protect a nation from other nations and citizens in their own countries from overthrowing or abolishing the current government. Being a soldier, you must obey your officers or you will cease to be a soldier. You cannot be a moral person by following the commands of another person blindly. Millions of people have been murdered in history due to soldiers and all wars are started on lies. These lies are so numerous that thousands of books have been written about them, I have provided articles in the references if you wish to

research this topic more. They are called false flags. All soldiers must quit their jobs in order to become a truly moral person. You must watch war footage if you truly wish to understand what are the results of order following.

According to veteran turned freedom activist, Adam Kokesh, One way of quitting the military is to seek conscientious objector status or to be discharge or honorably discharged. Despite all of the pressures on you, when you're in the military, you can get out at any time by simply saying, I object. My conscience prevents me from being a part of this system any longer.

I see only one real solution: Talk to police and soldiers and convince them that there job is immoral and tell them quit. See them as they could be and do it from a perspective of loving what they could be. This is the only real solution in the long term.

However saying this, you have natural law right to defend yourself against anyone who does violence to you or innocents people, regardless of what their job is or the uniform they wear. It may have to come forceful resistance if the police and military declare all out war on people and refused to listen to peaceful people who just want to help make the world a more peaceful and free place. This doesn't lead to a long term solution but if you're back is against the wall against an enemy who refuses to listen, it may be the only solution. Always try the first solution, first.

A great presentation on this topic of order followers is Mark Passio's The Cult Of Ultimate Evil - Order-Followers & The Destruction Of The Sacred Feminine

Those who do violence to animals are immoral This includes jobs such as slaughterhouse workers, hunters, circus trainers, etc. Animals are being who feel pain and have rights. If an animal hasn't harmed you or your property then you have no right to harm it. This is the most largely accepted form of violence in our society. This is destroying the earth through pollution, deforestation, and not to mentioning ruining the etheric field. You must watch videos of animal slaughter and exploitation if you truly wish to understand what are the results of horrific practice of animal slaughter and exploitation.

Don't be an Animal research or vivisectionist. This is a cruel and unnecessary for scientific advancement. There are superior methods of testing such as Organoids, Organs-on-chips or Human-on-a-chip, Computer simulations, Autopsy studies, Epidemiological studies, Noninvasive imagining (such as MRI, CT scans, ultrasound, and x-rays), and Microdosing.

If you work in one of these jobs, you must quit immediately. These jobs violate the natural law and will only cause chaos and misery for you, your family, society, and humanity if you continue to do them. You will not struggle to make ends meet, if you apply the success principles in this book. This will dramatically improve your life in the long run as unseen forces in the universe will love and support you for such as bold and righteous action of quitting. Do it, you'll see your life improve, then you will know. Aim for an honest, righteous improvement in humanity and find your true bliss, which always is in not violating the rights of others. Almost all jobs do not violate natural law.

Use the relaxation technique and then look in the mirror and stare at yourself. ask these questions, do this every day:

How can I be truly moral person?

Am I moral person?

Does the behavior I am performing in the daily activity of this work cause harm or loss to others, directly, or indirectly?.

Am I a good parent? (if you are a parent)

Am I improving the lives of others or degrading it?

Am I taking rights away?

Am I honest with others?

I recommend watching Mark Passio's right livelihood podcast episode.

Part 1: [https://www.youtube.com/watch?v=1rmv\\_tW5WgM](https://www.youtube.com/watch?v=1rmv_tW5WgM)

Part 2: <https://www.youtube.com/watch?v=qrtxhwGw3E0>

Respecting the environment ensures we have clean and safe world to live in and prosper in.

### **Environmental respect**

We need to respect our environment, this includes animals as well. Nature deserves respect because if we do not respect it, it will destroy us. We can't live without trees, the oceans, the ozone layer, etc. The massive amount of pollution we produce is too much for nature to handle. Nature can handle some pollution, I am not saying that we need to live as primitive people. We can coexist with nature. We can still expand into nature, have factories, mines, etc. We do not need to get rid of people in order to live in harmony with nature, we just need people be more environmental conscious. We do not need carbon taxes or governmental regulations. We need education and common sense.

We need to move to more green systems of energy, sadly free-energy technology is being suppressed and green energy is very expensive (in the short term). Free energy engineers are often literally killed for making free energy inventions that could cheaply provide energy for all at little cost to the environment. This energy would be free and could be tapped into from all points in the earth. Research Nikolai Tesla and free energy, this science is not new and is at least 100 years old. Sadly, energy corporations, the oil industry, and governments do not want free energy technology to be widespread. This is another reason why we need to educate people about how government destroys humanity's potential for freedom and prosperity. We need to also educate people that free energy exists and is a practical alternative to the energy systems we have now.

The greatest way to respect the environment is to adopt a PBL (Plant Based Lifestyle). See the PBL chapter if you need a refresher.

The second best way is to throw away less things. Reduce, Reuse, Recycle is the plan. Reducing our consumption of goods is the most effective, we don't throw away what we don't have. We should live a minimalist life, which means we only have what we need. Advertisements convince people they need certain products. We need to stay away from this

if we wish to become minimalist. Don't watch TV or listen to radio, use an ad blocker on your web browser (such as brave) and on YouTube, are effective ways of reducing consumption. Try to eat all your food, don't throw it away! If you are throwing away food, then you probably buying too much food to begin with. That, or you are storing it incorrectly, read the labels to see what needs to be refrigerated or frozen. Fresh fruits and vegetables last longer in fridges than out, usually. If it is biodegradable or will be eaten by scavengers, just throw it into the yard.

Reusing second best method, this means using what you already have again. This means not using disposable cheap products, instead, buy products that last and are reusable. Products that last means less trash and less harm to nature. Instead of throwing things away, you can donate them or give to your neighbors and friends, sell them, or give them to a junk collector in exchange for money. Reusing is far better than recycling because some material can't be recycled or it can't be recycled efficiently.

Recycling is the lest efficient method, but it better than nothing. Cycling products are usually easy to do, most neighborhoods have recycling services, such as Waste Management. Check to see if you can recycle a product, if it goes into the trash, or if it can be used to make compost.

Next is on taxes, the money the support the system. (Besides inflation)

### **Taxation**

Taxation is theft. If a person doesn't pay taxes then they will be accosted by being throw in prison. <http://exploreistaxationtheft.com/> is a great resource for understanding this.

Here are two videos that explain the purposes of taxes and government well:

How to Herd Your Tax Cattle: <https://www.youtube.com/watch?v=qAJT77FSvxs>

The Story of your own Enslavement: <https://www.youtube.com/watch?v=Xbp6umQT58A>

We should try not to pay taxes. Taxes fund some of the most evil institutions, corporations, and the government it self. Taxes fund the erosion of personal liberty, propaganda machines such as the media, the surveillance state, the murderous military machine, etc. People say that taxes go to good things such as health care, this is true. However, as I said before most health care is really just toxic drugs and unnecessary surgery. The court system is simply a con, there is no justice and the game is rigged. Judges don't respect natural law, they punish people for victimless crimes. The police departments exist to erode personal freedoms and steal money from innocent people for doing victimless "crimes". The military exists to make the military industrial complex, bankers, and politicians rich by evading countries and stealing resources.

The government spends millions of dollars on wasteful projects. You can image any taxes you pay going into a black hole then out of the black hole instead of your money going to evil institutions like the military industrial complex.

There are ways to avoid paying taxes, which all rich people do as it reduces expenses. One way is to move to a state that has less taxes. It is going to be difficult to avoid paying taxes if you live in California, but if you live in Florida it is much easier. You can form corporations to avoid paying taxes. You can start a 501 c3 organization and claim the property you own as part of it and avoid paying property taxes. Don't work a job that has an income tax applied, work under the table, freelance (as long as you make 600 or less a month from an employer, you don't pay taxes), or start your own business. Some website you can freelance are craigslist, upwork, and Fiverr. If you own stocks, sell them a minimum of a year later to avoid capital gains tax. Sales tax can be avoided by buying items at farmers markets, trading in craigslist, yard sales, trading with neighbors, buying online from the dark net, or from websites like amazon that don't apply sales tax in certain states such as Florida

Never pay taxes out of fear or stress, the fear is the ultimate tax that the dark occultists use to become more powerful, the money is secondary.

But I won't worry about this too much, because no matter what we will win, as long as you get on the battlefield for truth, love, and freedom.

In the next section I will explain what the occult is and what the dark occult is.

### **Occult Knowledge**

The greatest source of information from personal experience is occult knowledge. It literally means hidden knowledge. This is deep knowledge of the laws of the universe (Physics and Law of Attraction) and how beings operate (psychology).

Most people don't get what they want and in life and die with only a thousand in bank, yet they spent most of their life earning money. The ones that get what they want have occult knowledge. The dark occultists that rule the world know about occult knowledge and use to exploit the ignorant masses. They have interbred to insure that the knowledge was passed down genetically. They form secret societies to keep the information only among their members for generations. They threaten to kill those who try to expose them or reveal their secrets. They have secret societies to spread down their knowledge and private schools/universities with strict requirements for attendance. This is the most empowering information on earth

Several occult schools and societies include:

Alchemy, astrology, tarot, Hermeticism, Thelma, Gnosticism, Spiritualism, Freemasonry, Kabbalahism, Theosophy, Rosicrucian, Lucifairism,

Some of the teachings in the list are distorted and used for ill, depending on the how individuals and groups use the knowledge. But at the core level, this teaching are meant to empower humanity.

Do not be afraid to look into “dark” occult knowledge. This is “forbidden” knowledge, you will not hear about this on TV, churches, or in school. There is ultimately not such thing as good or bad knowledge, its what you do with it. A light occultist is someone like me that wants to empower others rather than control others. To truly be an intelligent person we must look at information we may think is bad or evil. The dark occult schools are simply using occult knowledge for evil. To know yourself, you must know the enemy. If you know only one, you will be defeated in battle.

From my understanding, these are some dark occult societies:

Setians, Dark atonnists, Dark Luciferiaists, Cult of the black sun, Hadians, Satanistis, Knights Templar, Many think tank organizations (Club of Rome, Builderberg, Trilateral Commission, Rockefeller foundation, Fabian school) Intelligence agencies (such as the CIA, NSA, NASA, NRS, DIA, and NGI, MSI, MI5, The five eyes), “Royal” Bloodlines, Big Tech, The Vatican, DARPA, Pentagon, IMF, World Bank, Bank of International Settlements

These societies are worth studying, so you can understand the knowledge they have to empower yourself and others instead of accepting the reality the push on us. We you learn a magicians trick, it no longer fools you.

The highest level members of our society are:

1. Those who add value to society. These are people who create for others and wish to empower others, I call light siders and at the highest level they are called light occultists.

2. Those who live off the value of others (through force and deceit), I call dark siders, and at the highest level they are called dark occultists. This a people who wish to ruin others in order to profit, they believe life is a zero sum game, they think that in order to be rich then others must be poor.

Dark siders are often the most \$uce\$\$ful people in society, they have most of the money, but they have nothing else, they are miserable and hate themselves most of the time.

For those on your encounter in your life who are darksiders, realize that every Saul could be a Paul. Saul was a tyrant who killed innocent Christians. He saw a vision from God and then

become most evangelical Christian apostle. Reform dark siders by showing them love and compassion to get them over the side of light. See them as how they could be and get them there.

Dark siders are often (but not always) in these careers: Police, Military, Religion, Banking, Medical, Technology, Education, Media, Energy Corporations (Coal, Oil, Nuclear), Law.

Here is the difference between the average person and a high level Dark Occultist:

Think of the difference between a child and someone who has a PHD in psychology. The child essentially has no understand of how the brain operates while the physiologist has many years of study and has read 100s or thousands of books. Let's say that this psychologist was a psychopath and wanted to turn a child into it's slave. That child is not even be able to comprehend the programming they will receive. Give that psychologist enough time and that child will have almost no way of undoing the programming it received. That child is essentially a slave forever. Priests (especially Jesuits) and shamans alike have know this for thousands of years. By reading this book you are not only level the playing field, you will have an advantage over the dark forces and dark occultists of the world.

Most Dark Occultists don't see themselves as evil. They believe that tyranny and controlling others is the best way to prevent chaos. They are focused on what they don't want and keeping what they have. They need to focus on the potential if humanity wasn't controlled, these elites have serious knowledge which could help humanity.

A lot of people were killed, their work destroyed, and mocked because of the information they put out that would later go on to empower humanity. They had to hide this knowledge in allegorical stories or they would have been killed. That is why occult schools use stories to tell the truth. Occult allegories get a message out in a mystical way and requires intense ciphering. This helped preserve their knowledge. This is knowledge "they" don't want you to know. Dark occulists prevented light occulists from spreading knowledge out in the open. We should be grateful that we have access to so much knowledge in the modern age. Many people in the past would sacrifice it all to be able to access the knowledge that the average person in the western world has access to. We should not squander this opportunity, we should exploit it and be grateful for having it. We should learn as much as we can, especially occult knowledge. Knowledge is power when we apply it in our lives. If you are reading this book, you are reading occult knowledge as well. Congratulations for you discovery, it was no accident!

Mark Passio is the ultimate source of occult knowledge that is easy to understand. His podcast and presentations are a must. You can send him a 1 terrabyte hard drive and he will fill it up with empowering information. The New world order guide is useful for a basic simple overview of the global conspiracy for total domination. I recommend Kevin Trudeau as well for deep occult law of attraction success principles..

Mark passio ARK: <https://www.whatonearthishappening.com/ark>

Mark Passio Podcast: <https://www.whatonearthishappening.com/podcast-in-order>

KT teachings: <https://www.youtube.com/playlist?list=PLZPamCdt70KtbTmjHlo34ZhBCAEL1bvc>

NWO guide: <https://www.truthcontrol.com/new-world-order-guide>

Now to the most important section of the book.

### **The Great Work**

From my understanding, the ultimate dream for all beings is to accomplish the great work. You will “discover” the ultimate dream if you expand your imagination or you do the tapping into the etheric field methods.

If we are striving for an dream and being the greatest version of ourselves, the rest will take care of its self. You will not have to worry about food or your mental issues, your poor relationships, or whatever else holds you back, they will be taken care of by God’s infinitive love and abundance. We we put on the Earth for a purpose, life did not just occur randomly. Our purpose is to fulfill the great work. People have different skills, talents, and passions that help the achieve the great work. Some people are great writers, poets, artists, musicians, scientists, engineers, influencers, etc. What our goal is to do it to align our passions, talents, and skills and use them to achieve the great work. You may ask then, what is the Great Work.

The great work is to achieve peace on Earth. This is not a unfulfillable dream. The Earth has not always been in a state of chaos, war, poverty, and sickness. Early on in humankind, we lived in tribes, were there was almost no war, poverty or sickness. One reason that is that we spent time in nature, which has proven benefits of reducing stress and making people more compassionate. People who are calm and compassionate are not going to war. In the modern world we are detached from nature, we must rekindle ourselves with nature if we want to achieve a peaceful world. I personally walk barefoot in the grass and sun for an hour a day and the benefits are real, I feel so happy and stress free.

We did not have many wars because we didn’t have a reason to, occasionally there was a savage tribe or tribesman, but as a whole there was peace. The main reason wars are fought is to take land and resources from other people. however, there was an abundance of land and resources because there was not class of people who tricked others into stealing from them. There was no “elites”, which are those who are obsessed with controlling and profiting from others at expense of their rights and well beings. They are social engineers, central

bankers, military generals, Technocrats, Pharmaceutical executives, etc. Realize that nobody is more powerful than you are, we all have infinite potential power.

IN tribal times, there were no “elites”, society was more egalitarian, people shared like you would in a family, there was almost no zero sum games or profiting at the expense of others rights. We can thankfully keep our technologies while still living in this state.

It is quiet possible that all of our dreams are the same, which is to feel infinite love and happiness to all being in the universe and by doing so we will receive this feeling this too. During a deep hypnosis past-life regression session, I experienced his euphoric feeling that was beyond words. I felt a greater since of joy and love more so than anytime in my life. The hypnotherapist was getting me to a point of what my life was like before I was born, it was amazing and I recommend past-life regression. I believe we will all reach this state by accomplishing the Great Work. It could be called the Ultimate Dream.

We must educate others on natural law (which is to not do violence to other beings) by using the talents, passions, and skills we have, that is the great work. We must also not be hypocritical teachers, we must practice what we preach. Thankfully, we do not have to go back to the days of living as nomads and in the woods. We can benefit from all the helpful technologies we have today. If we educate others, especially at a very young age (before the age of 7), we can raise a new generation that will be more peaceful than the previous. The reason we should focus on the very young is that they have not been programmed into false belief systems and worldviews. It is difficult to teach someone who has a rigid belief system. Children are born with minds that are essentially blank slates, we must fill their minds with peace, compassion, and critical thinking skills, and an understanding of natural law. We do not have to just educate children, but it is the easiest group to influence. We ultimately need to educate as many people as we can. THIS PARAGRAPH IS THE IDEAL PARAGRAPH ACCORDING TO JOEL

The fate of the human race is in jeopardy if we do not obey and teach natural law. That is why I obey natural law and teach it. I do not want to see humanity been enslave by the “elites” or to be exterminated by our lack of ignorance and apathy. We also have been destroying our planet, mostly for the sake of a few “elites”. We need to stop destroying the planet, people say you are a product of your environment, if the environment is toxic and polluted, the people in it will be too. Nature may destroy us if we continue to destroy it, that is natural law after all.

The positive results that we come of humanity if we all obeyed natural law cannot even be imagined by most. I have some exercise in the Meditations and Rituals Chapter that can help expand your imagination. The reason is that humanity as a whole has never truly obeyed natural law, because there has been a few rogues. Even in tribes there were those who were the troublemakers. Tribes turned into “civilizations” when an egotistical maniac was able to convince others that he should be worshiped as a God who has the right to rule over others. These people are the bad apple that spoiled the bunch. They got this power by deceiving others.

We have a choice we can choice natural law or go against natural law. Note however, that our choices have consequences which are unavoidable. We can have a world of peace,

prosperity, technological growth, freedom, love if we follow natural law. Or we if we disobey natural law we will have war, slavery, pollution, stagnation, and death.

I will conclude with the final success principle, action. I saved this success principle for last for a reason.—You have the right thinking if you learned this info, which you just did if you read this whole book. Now is the best time to do anything, just believe that it is. This book is to train you how to get into the game, you can be an active player.

You don't lack energy, you lack desire. The desire provides the will and energy. When you learn about the spiritual battle we are in and of our infinite power you will have all the motivation and energy in the world. Everything is at stake, but this is nothing to fear because we will win, if you start applying the information in this book. Learn more about yourself and learn more about how the dark occult operates. Know yourself, know they enemy. You need to know how the parasitical elite want to ruin your life and the world. Life is a battle against the forces of evil and despair. This gives yourself something to fight for and is a motivational force like no other. The desire for a peaceful and loving world is a phenomenal motivation force as well, probably even greater.

Get into the battlefield, you never really learn how to fly unless you fly for yourself. You don't have to know it all to get the into the game, just the basics rules. You will learn more as you do. You learn info best when you start applying it. You know enough to get started. Spread your wings and fly, you are ready to go!

*"The best time to plant a tree was 20 years ago. The second best time is now."*—Chinese Proverb

The next section is a summary of the entire book in an easy to digest way.

**How to be successful, a collection of tips from thousands of different sources and years of research on self help, holistic health, conspiracies, politics, and occult knowledge:**

-Obey natural law (don't willfully lie, steal, murder, assault, or trespass) MOST IMPORTANT PART!

-DO NOT EARN MONEY BY VIOLATING NATURAL LAW - Study right livelihood in Buddhism and mark passio right livelihood podcast episode <https://www.youtube.com/watch?v=PDfobQ4jDQk> (Don't become a cop, soldier, conman, politician, slaughter animals, fisher, hunter, banker, work for military industrial complex, mainstream media, mainstream negative and deceitful religions organizations, pharmaceutical industry worker, or doctor who only cares about \$\$\$) These jobs violate natural law, violating natural law means you will always be unsuccessful, go with the universe not against it.

-Do the great work (spread truth, love, and the messages of freedom to others, no matter what you do)

- Know that what you do echos into eternity, do right in life. You will always face the consequences for your actions, death is no escape. The only way out is through.-Cut involvements from government as much as possible, know that government is slavery. The government (and its minions police and military) is the ultimate tool of the evil forces of the world. Government destroys hope and human evolution, creates class divides, steals, pollutes, suppresses free energy technology, and murders millions of people every year. Spread the message of freedom and natural law, destroy the most dangerous superstition (read Larken Rose's book The Most Dangerous Superstition and End of All Evil by Jeremy Locke) here: <https://www.nextlevelthinking.net/books>
- Focus only on what you want, not what you don't want. Get rid of all fear and doubt. (Become obsessed with desires, use visualizations of throwing away fear and doubt into trash, especially right before you go to bed while moon is out.)
- Be brave, face your fears, know that most worries won't happen. Fear is an illusion. You are unstoppable and infinitely powerful.
- Know that you can do anything (study quantum physics and self help)
- Study and practice holistic health as needed (Nutritional supplements, mediation, Qi gong, Tai Chi, Yoga, walk barefoot in grass 1 or more hour a day with most of skin show; limit if you get sunburned with no sunscreen, Smile often, laugh, hug others, speak powerful words and mantras, deep breathing, drink plenty of reverse osmosis water, B.E.S.T, Crano-sacral therapy) Read Kevin Trudeau books: Nature cures and the follow up book, More Natural "Cures" Revealed: Previously Censored Brand Name Products That Cure Disease.
- Get energy healing done such as Rieki (THIS IS VERY POWERFUL)
- Speak and write your goals and dreams, first thing you do when you get up and go bed, write what you REALLY WANT in life. Say "I am a so happy and grateful now that I am..." Say the words out loud. Write using a blue pen on white paper.
- Listen to subliminal messages of positivity and affirmations. When you can't listen, think the thoughts. The affirmation should be what you REALLY WANT in Life. Speak powerful uplifting words in your recorded affirmations. Get emotional evolved in your thoughts, FEEL the desire. Do this as often as possible
- Have an index card of what YOU REALLY WANT in life, carry this card around.
- See what you want to be in our mind, get emotionally involved and use your 5 senses in the visualization.
- Protect yourself against Electromagnetic radiation. Ewater.com has great emf protecting pendants, I am not sponsored by Ewater. From my personal experience, I feel FAR less stressed and more focused with these pendants.
- Eat a whole balanced raw vegan organic diet. Vegan is an absolute must.
- Practice mindful eating, eat only to live, don't live to eat. Eat only what you need, and when you need to. Have no expectation of when you eat, you are currently hungry based on exceptions of meals and when you are truly hungry. Don't eat 3-4 hours before bed. Chew your food well, until it is like applesauce. Pray over food and thank God and all those who helped make the food.

- Reduce sleep quota, do this by listening to message of your dreams placing in your ears or in the background while you sleep. Reduce stress with the relaxation technique. Do not eat after the sun starts setting.
- Have uplifting pictures and affirmations around your house, such as post it notes. Even better if you have professional art.
- Be grateful for all that you have.
- Know that all "problems" are opportunities, things aren't as bad as they seem, it could always be worse, it's a blessing in disguise. Know that every problem has a solution.
- Fast regularly in small intervals (Intermittent fasting), or longer if necessary.
- Never watch tv. TV makes you sick, poor, unhappy, and ignorant. Study subliminal messages, flicker rates, project mockingbird, the big six corporations, advertising. Pharmaceuticals, meat and dairy industry. All of these products are making you unhealthy and miserable.
- Avoid chronically negative people, unless they are willing to change and you are trying to help them.
- Associate with positive, uplifting, caring, and intelligent people
- Listen to good music, stop listening to mainstream music. It is ignorant, sad, soulless, and negative. Here are some artists I recommend: <https://www.nextlevelthinking.net/recm-media>  
Here is my playlist of high-quality artists: <https://www.nextlevelthinking.net/musicplaylist>
- Listen to a large variety of alternative media sources. <https://www.nextlevelthinking.net/recm-media> <https://wearethenewmedia.com/>
- Study occult knowledge, this is knowledge THEY REALLY don't want you to know; they being dark occultists - evil rich psychopaths who really control and steer the world behind the scenes- you often never hear the names of these people, they have different names in their organizations than in public. You will never hear them on a mainstream media for more than a second. Mark Passio is a great source on occult knowledge and the dark occult.
- Study successful people but be careful who you listen to. You ultimately listen to yourself
- Study social engineering and a wide variety conspiracy theories and theorist (know how dark occultist want to ruin your life and with that knowledge you can stop self-sabotaging your life)
- Join a secret society
- Tell yourself you are successful (you become what you think you are)
- Provide excellent service to others to get money. Money is important to success, money is tool to achieve almost any end. Focus on increasing income and not decreasing your lifestyle to fit your current income. Invest in your future and save at least 10 percent of income a month. People will do anything for money, become obsessed with money. Focus on thriving in abundance rather than surviving in lack.
- Serve others
- Be grateful
- Think about being happy
- Believe in yourself and know that you will achieve your desires
- Know that God loves you and wants the best for you.

- Be insanely curious about everything. The more you know about something, the more curious you become. Be curious about everything from ants to the nature of the universe. You get what you desire, the desire of knowledge is called curiosity. Curiosity killed the cat is almost always said by ignorant people.
- Do not stop learning, you will never know everything.
- Entertain all ideas in your mind without immediately accepting or rejecting it.
- Question everything
- Learn from a variety of sources of information
- Hang around intelligent people
- Get what you want in life without violating the rights of others by obeying natural law (THE MOST IMPORTANT PART, so important that I listed it twice)

## Conclusion

Reread this book, you will be seeing it in a different perspective. You have the full knowledge of the book in your mind. You may gain more from the second reading than the first.

There is more to come! Rereading this book and teaching your imaginary students should answer most of your questions. You can contact me at [realnextlevelthinking@protonmail.com](mailto:realnextlevelthinking@protonmail.com) or [gageandrewvogt@protonmail.ch](mailto:gageandrewvogt@protonmail.ch) for questions directly.

At my website, [nextlevelthinking.net](http://nextlevelthinking.net) I have a section called Recommended media of YouTube Channels, books, videos, channels, musical artists etc of where I recommend you get your information from. I have a massive amount of different sources of media I get my information from. I also recommend you find more media sources, as there are perhaps thousands of quality sources of media on the internet that I have not listed. You can go to this link here: <https://www.nextlevelthinking.net/recm-media>. My number one source is Mark Passio's What On Earth is happening and Kevin Trudeau's teachings.

Mark Passio's info: <https://www.whatonearthishappening.com/>  
 Kevin Trudeau's teachings: <https://www.youtube.com/playlist?list=PLZPamCdt70KtbTmjHlo34ZhBCAEL1bvc>

Visit me at these sites for more updates on the new editions of the book (which will contain more content). Please donate and share this book if you found this information valuable, thank you:

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YouTube: <https://tinyurl.com/NextLevelThinkingYouTube>

NextLevelThinking <https://www.nextlevelthinking.net/>

YOU ARE READY. BELIEVE YOU ARE READY AND YOU WILL BE. STOP READING THE BOOK, AND GO!

**Notes (don't publish, for me and editor)**

Front cover says "with pictures and references"

#1 succes and wealth secret, make the best product or service, better than all competitors. Make this book PHENOMENAL SUPER AWESOME. Constant innovation and also marketing. Make the Best product and do great marketing. Here's What the Top 1% of Businesses Have in Common (and How You Can Be One of Them)

Biggest mistake, we fall in love with prodcut or service, not our client (or idea client)

You can see why the practical author must always be something of an orator or propagandist. Since your ultimate judgment of his work is going to tum on your acceptance of the goal for which he is proposing means, it is up to him to win you to his ends. To do this, he has to argue in a way that appeals to your heart as well as your mind. He may have to play on your emotions and gain direction of your will.

There is nothing wrong or vicious about this. It is of the very nature of practical affairs that men have to be persuaded to think and act in a certain way. Neither practical thinking nor action is an affair of the mind alone. The emotions cannot be left out. No one makes serious practical judgments or engages in action without being moved somehow from below the neck. The world might be a better place if we did, but it would certainly be a different world. The writer of practical books who does not realize this will be ineffective. The reader of them who does not is likely to be sold a bill of goods without his knowing it.

Add authority to what I say.

Add hooks at the beginning of each chapter Hook (Use literary quotes, Write a quote from a famous person, Surprise with a misconception, Write an anecdote, Tell a personal story, Use statistical data, Ask a question, Share a fact or a definition. "Draw" a scene, Start with a thesis statement) <https://bid4papers.com/blog/hook-for-essay/>

Take stats and add them as footnotes in references. (similar to how bit sized vegan does it, but do it in the footnotes)

Go through NLT playlist and bookmarks if ran out of stuff to write (after prerelease)

Change format of book, too intense and technical, but its a great idea, communicate idea better, will take more time and requires commitment. Need assistance to put into good format (ask for editor). Needs to be in the right order, less scattered.

The book will be published, it will have geometric symbols on it.

Replace underlined words that are common used words such as detrimental. Use a thesaurus if I need to.

## **References and Appendix:**

If any references are broken links, please email me. I have downloaded all the videos, books, articles, and audios on my computer. My primary email is [gageandrewvogt@protonmail.ch](mailto:gageandrewvogt@protonmail.ch). My secondary is [realnextlevelthinking@protonmail.com](mailto:realnextlevelthinking@protonmail.com). My tertiary email is [gageavogt@gmail.com](mailto:gageavogt@gmail.com)

Non-aggression and Justice:

<https://steemit.com/philosophy/@krnel/non-aggression-and-justice>

George ought to help:

<https://www.youtube.com/watch?v=PGMQZEIXBMs>

Non-aggression principle animation:

<https://www.youtube.com/watch?v=RHe4OQ4bY4o>

The Philosophy of Liberty

<https://www.youtube.com/watch?v=muHg86Mys7I>

Non aggression and Self defense principle

[https://www.youtube.com/watch?v=eh\\_EmZLMZDE](https://www.youtube.com/watch?v=eh_EmZLMZDE)

Ahimsa Sacred Feminine and Justice Sacred Masculine

<https://www.youtube.com/watch?v=hBvuWtffRps>

Maharishi Effect

<https://research.miu.edu/maharishi-effect/>

Maharishi Effect (Stats and Charts)

<https://tmhome.com/benefits/study-maharishi-effect-group-meditation-crime-rate/>

9-11 and global consciousness:

<https://blog.nationalgeographic.org/2011/09/06/911-and-global-consciousness/>

Compartmentalization - The Lie is different at every level

<https://www.truthcontrol.com/articles/compartmentalization-lie-different-every-level>

Composting

<https://www.epa.gov/recycle/composting-home>

Reducing Wasted Food At Home

<https://www.epa.gov/recycle/reducing-wasted-food-home>

Donate Food

<https://www.epa.gov/recycle/donating-food>

How to donate and recycle electronics

<https://www.epa.gov/recycle/electronics-donation-and-recycling#donate>

How to reduce and reuse

<https://www.epa.gov/recycle/reducing-and-reusing-basics>

How to recycle

<https://www.epa.gov/recycle/how-do-i-recycle-common-recyclables>

The Truth About Vaccines From The Most Prominent Vaccine Researcher Dr. Sherri Tenpenny

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=zAlJySFFSz0&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=1104)

[v=zAlJySFFSz0&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=1104](https://www.youtube.com/watch?v=zAlJySFFSz0&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=1104)

You Have The 'Religious Liberty' To Suck Baby Penis

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=vSutQxgC7Vw&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=825)

[v=vSutQxgC7Vw&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=825](https://www.youtube.com/watch?v=vSutQxgC7Vw&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=825)

Coming clean about vaccine safety

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=Xj_jozfvjuU&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=806)

[v=Xj\\_jozfvjuU&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=806](https://www.youtube.com/watch?v=Xj_jozfvjuU&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=806)

KING OF VACCINES COMES CLEAN! - PLOTKIN ON VACCINES

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=NACBHtFMIA&list=PLZPamCdt70LCT53yxxOB0Zlvt7utbUo&index=807)

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<https://www.youtube.com/watch?v=soh-3jiHq4s>

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<https://earthinginstitute.net/new-to-earthing-read-this/>

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